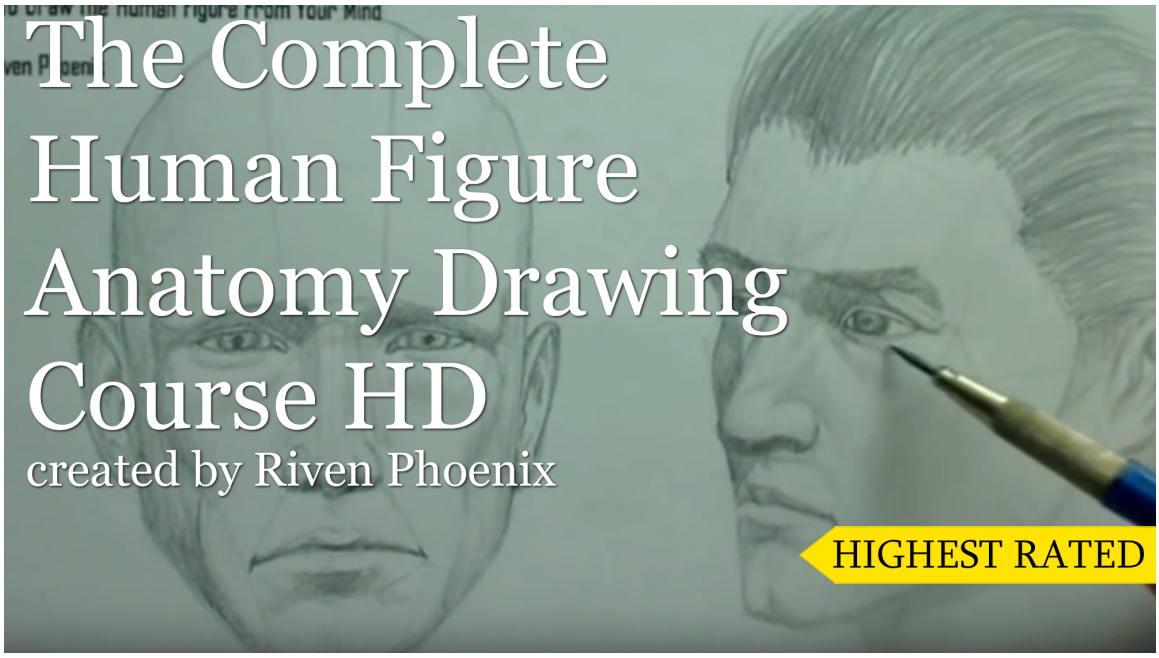

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

www.alienthink.com

Figure Drawing Lesson 120 - The Muscles of The Torso - Part 1

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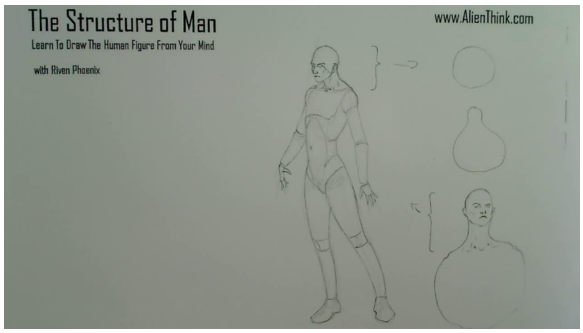
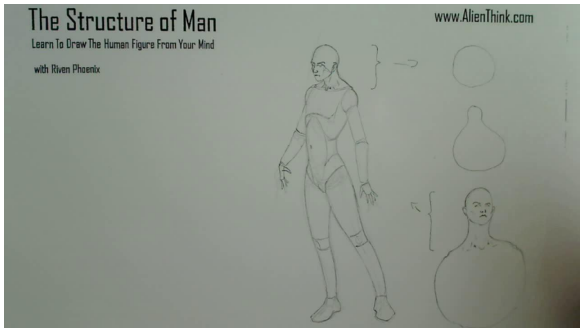
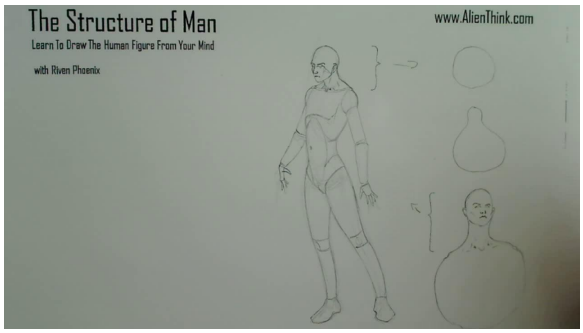
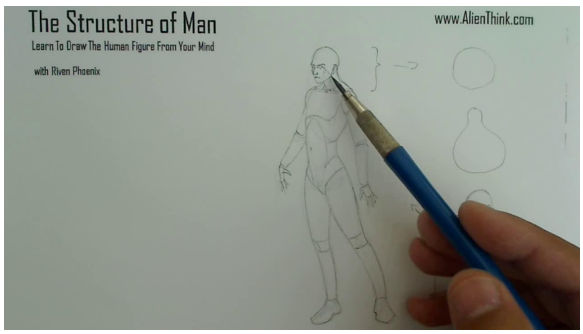
1		Hey guys, my name is Riven Phoenix and welcome to the structure of man, learn to draw the
2		human figure from your mind training course.
3		Okay, so from the previous lesson we had seen that we're now reaching a milestone where
4		we can now draw out the head and also have now gotten the mind to have a very good understanding

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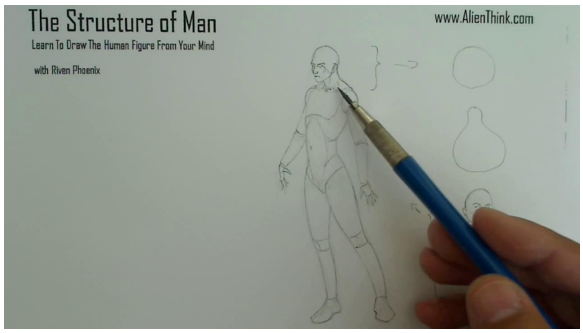
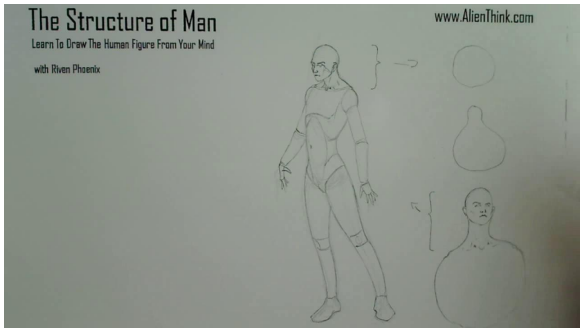
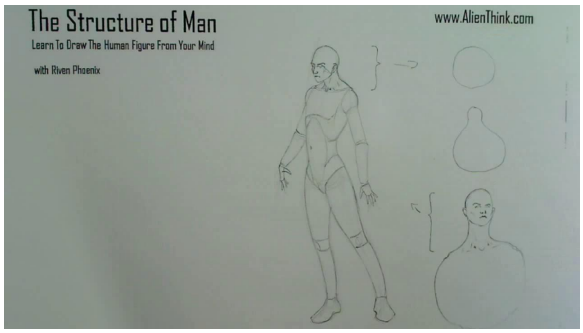
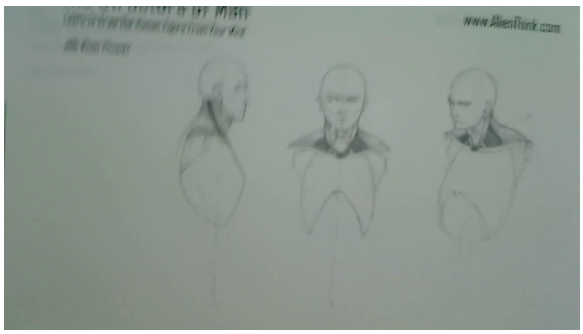
5		of the neck and how to be able to draw it out.
6		Okay, and understanding the concept of the blog.
7		So now what we're going to do is go back to the drawing that we had originally created
8		for the neck and we're now going to learn the rest of the muscles for the torso.

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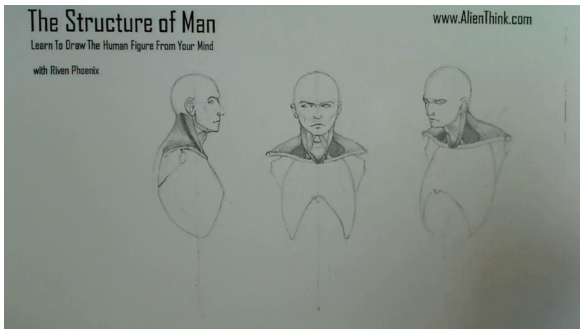
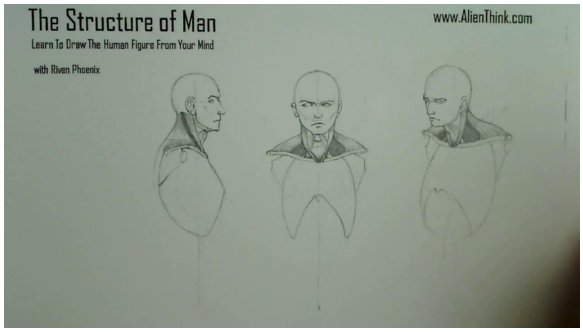
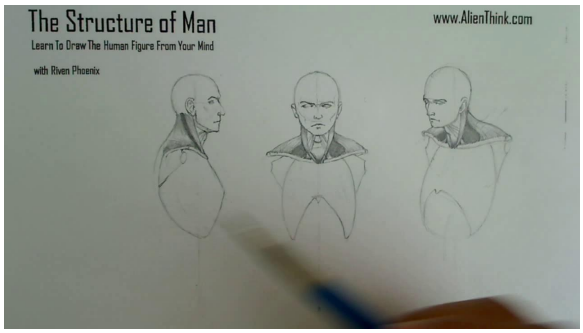
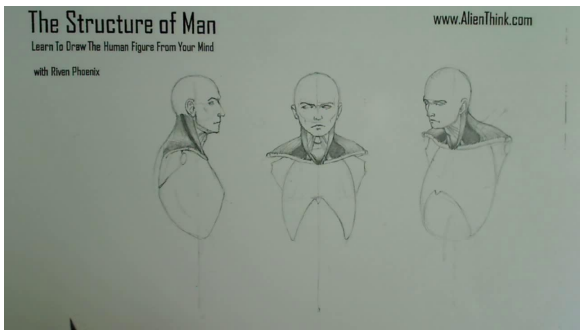
9		So now this is where you're going to see a rapid progression in how you're going to be
10		able to understand how the front muscles are going to work and the back muscles together.
11		Right, so to do this, we're going to actually do a very special technique in learning
12		and that is we first need to lay out the muscles of the back here.

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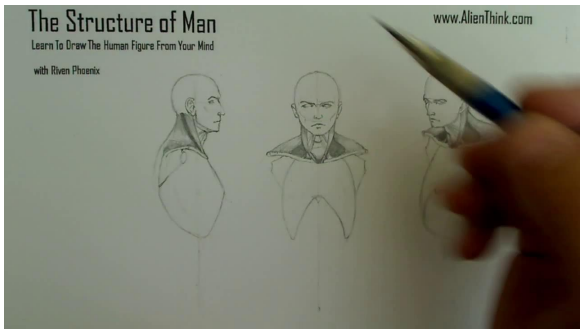
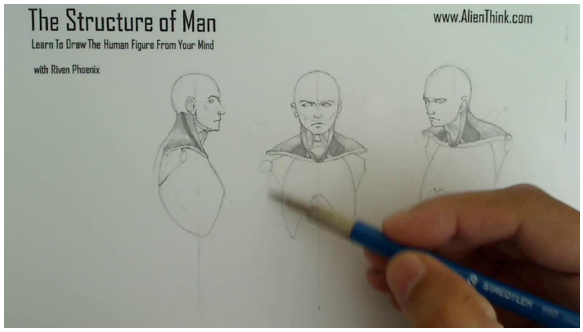
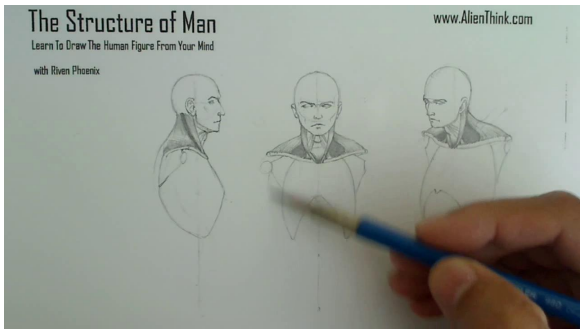
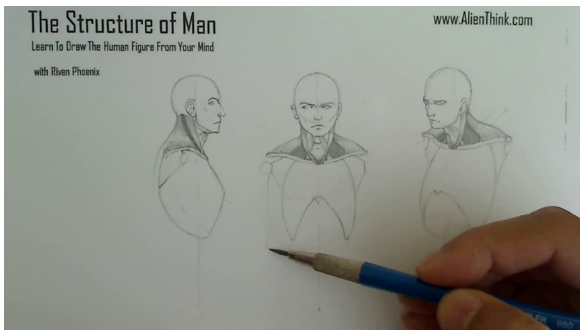
13		Right, so the first thing is that here I'm going to draw out the human's bone over here.
14		Right, so here I can just pinpoint this over here.
15		I'm going to draw it out about like this over here.
16		Like so, I just draw out the basic concept that we had gone through in understanding this.

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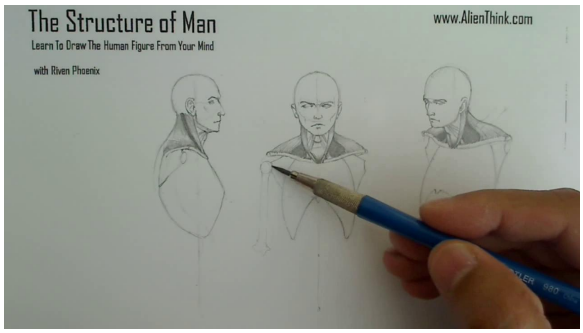
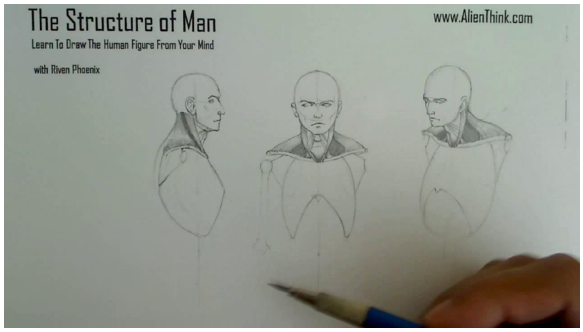
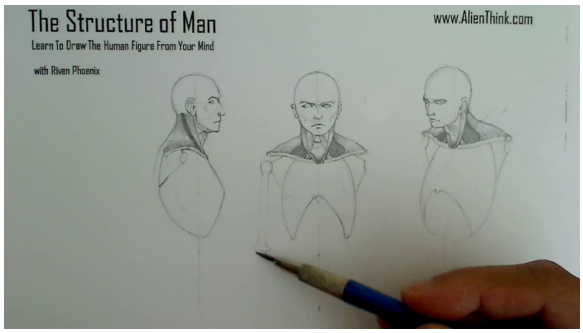
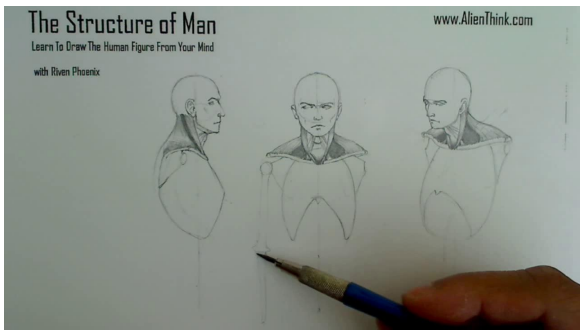
17		Right, so it's basically just going to be just like this over here.
18		Right, so from here you can also draw out the ulna in the radius.
19		So for that part, here I'm just going to draw out just the ulna about here.
20		I'm going to put the radius just like this over here.

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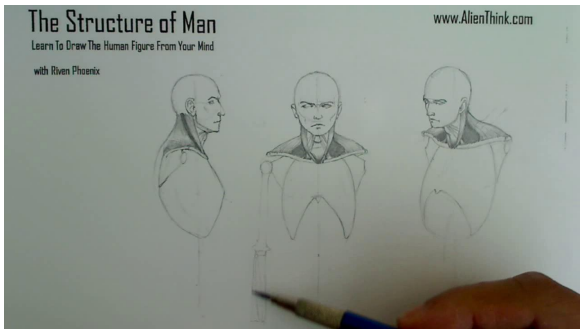
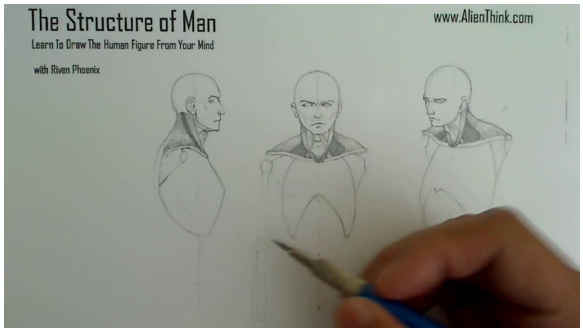
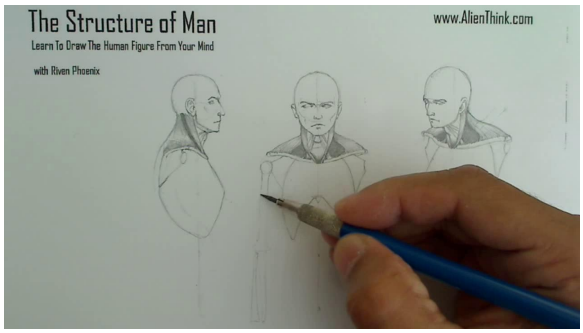
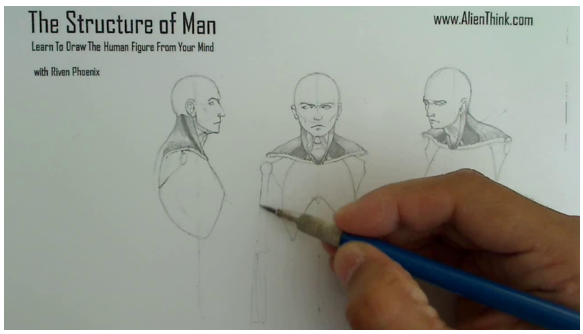
21		So keep these diagrams that we're making of the body as clean as possible.
22		Right, so one thing here about the human's bone is that when it comes here,
23		there's actually going to be a small nudge here, right?
24		We talked about this and this nudge is going to play a role in understanding the muscles

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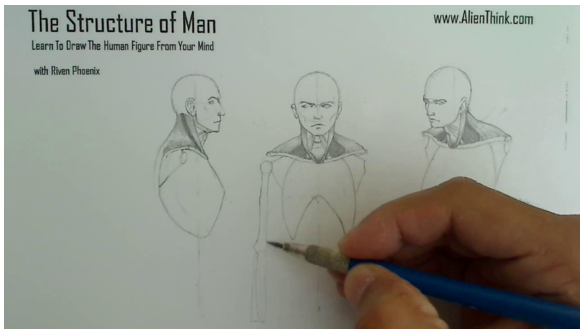
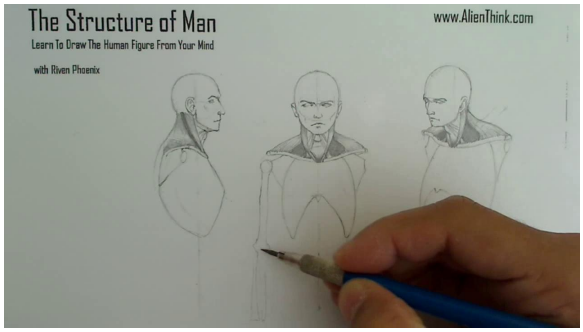
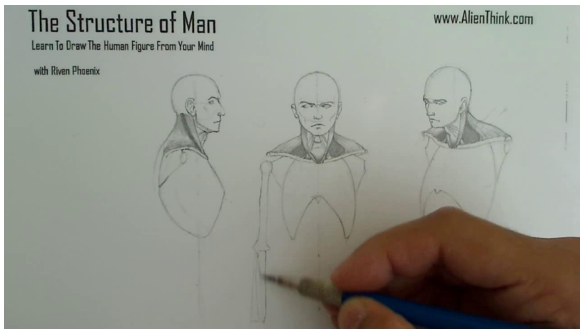
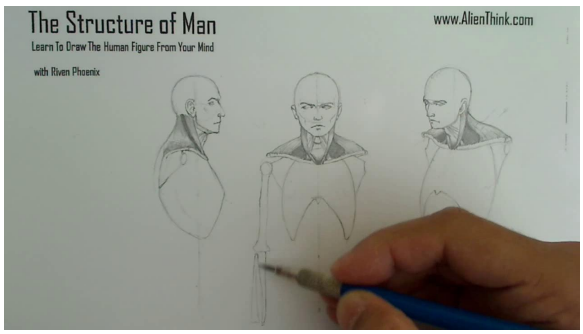
25		of the chest.
26		Right, so we don't have to, we just need to be aware of where,
27		what exactly is going on with the muscles and your understanding
28		and your ability to draw the figure after these lessons is going to really increase

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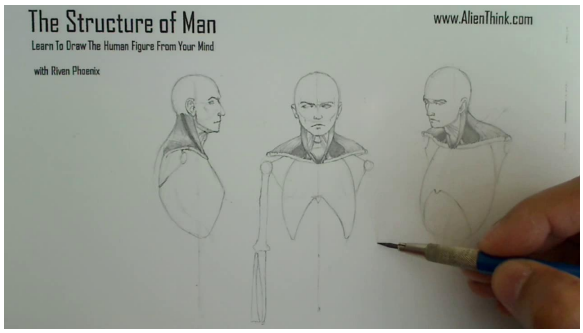
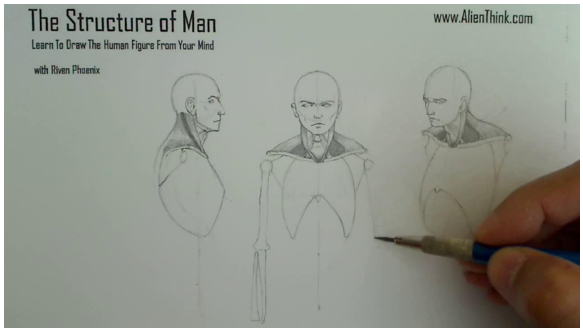
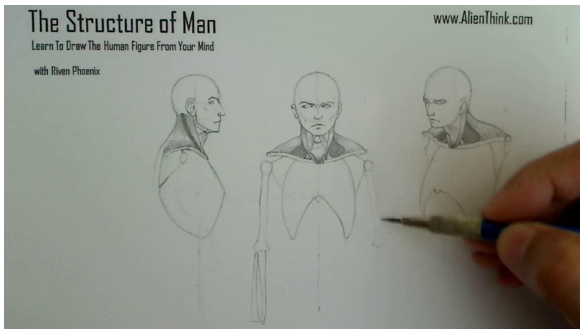
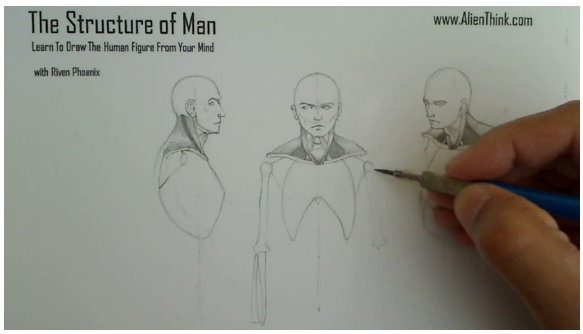
29		by a quantum leap here.
30		Okay, so here we're going to now just draw out the basic version here.
31		I know that that's just going to be like this over here.
32		Right, so once I get the basic idea down, then I can just always come back up on it

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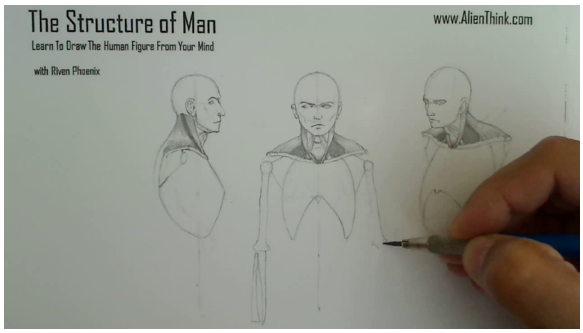
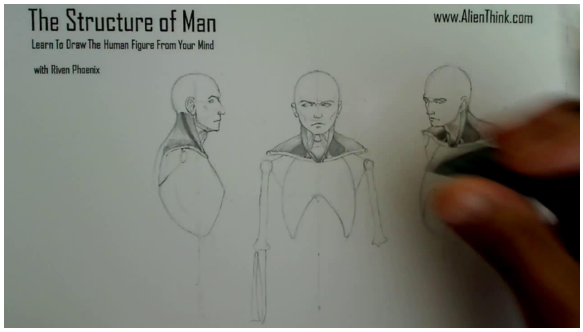
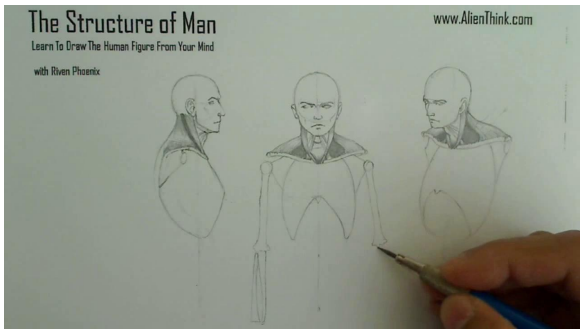
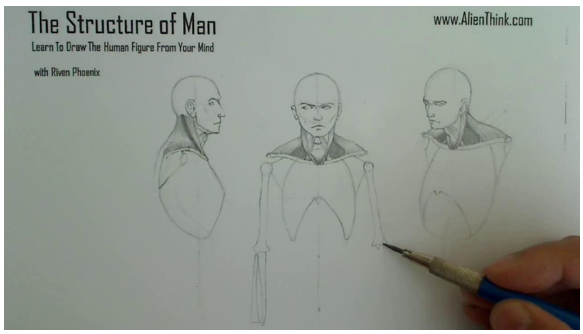
33		and then use the understanding of the drawing process to draw this step out.
34		So here we're just going to clean this up over here like so.
35		Okay, and then over here, we can do the same thing.
36		Just draw out the all know over here like so.

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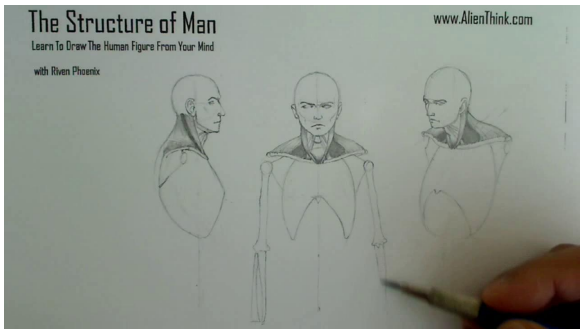
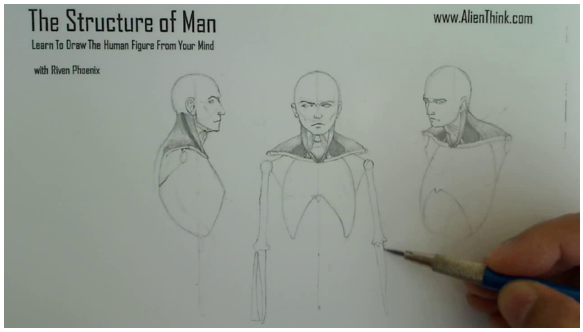
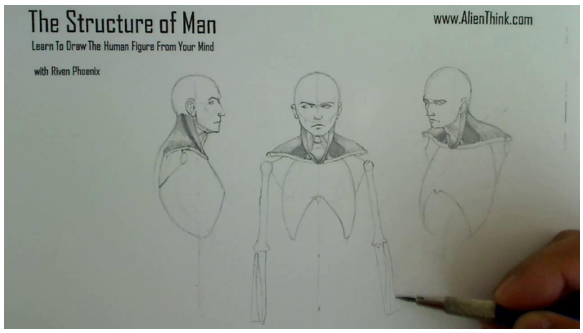
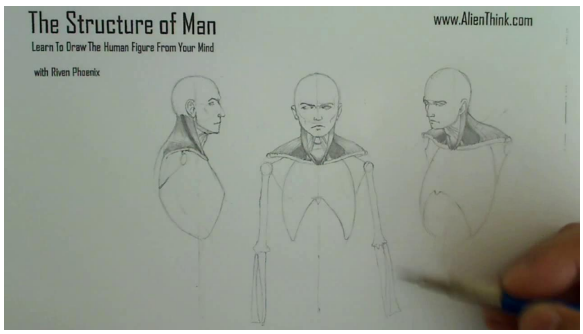
37		And then just put it up like this and here just put the radius.
38		So remember the radius is on top.
39		Right, so for the muscles for the arm, we're actually going to do different drawings
40		because this is too small to do that.

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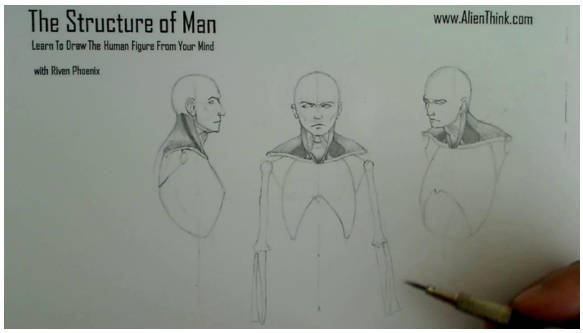
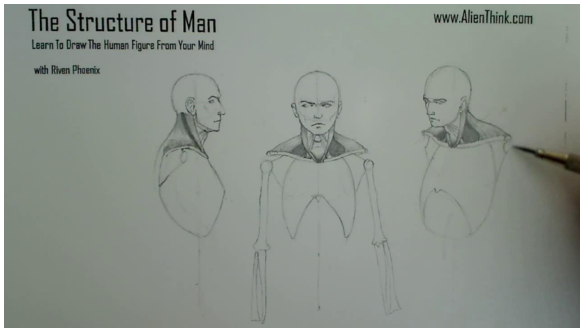
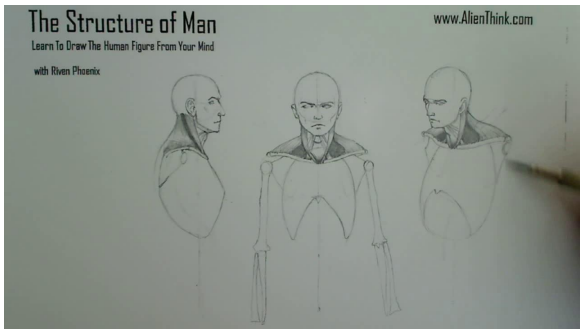
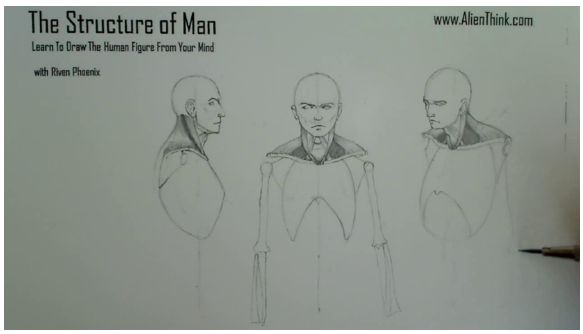
41		Right, and over here we're going to do the same thing.
42		Just put out and draw it fairly close over here.
43		So here I'm just going to draw out exactly the heamer's bone like this over here.
44		Like so.

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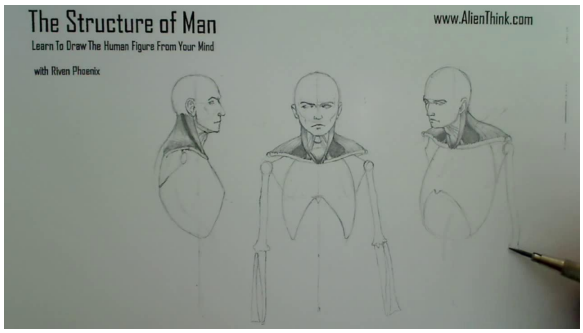
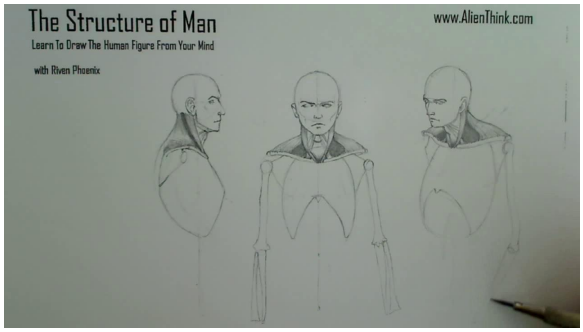
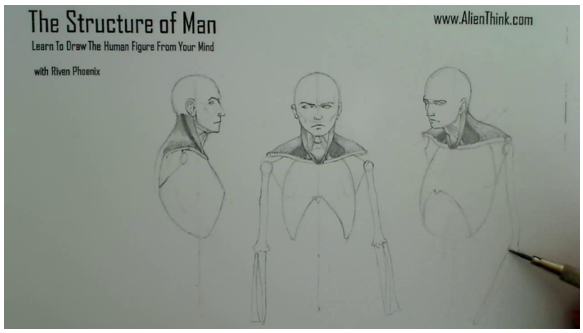
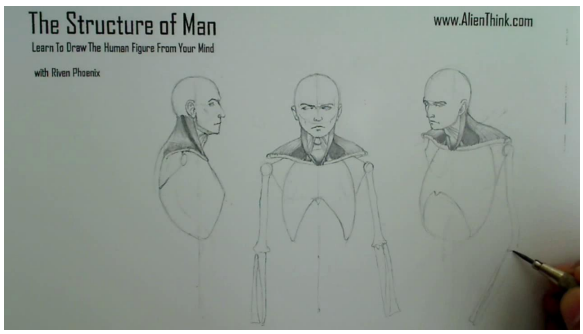
45		Right, and then over here we can just do the all know here.
46		Right, you just have to conceptually draw them out just the way we understood them.
47		And this is going to be an important concept to get because right, you need to be able to draw this out from memory
48		and you can do that since you've been joined, since we invented all the bones.

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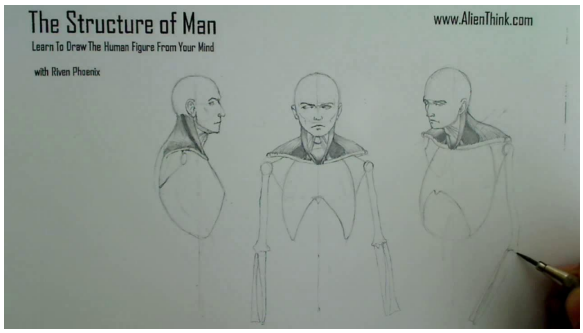
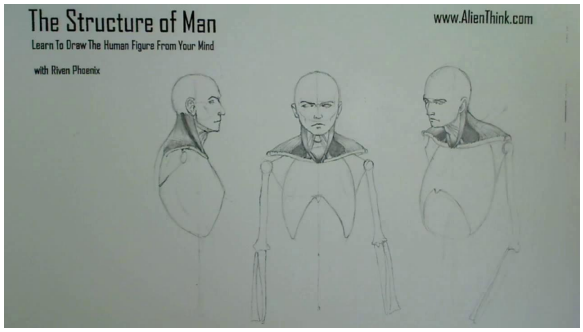
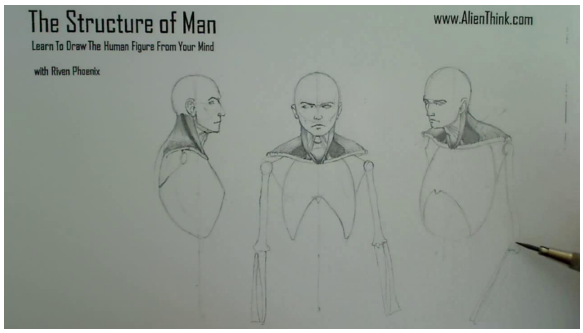
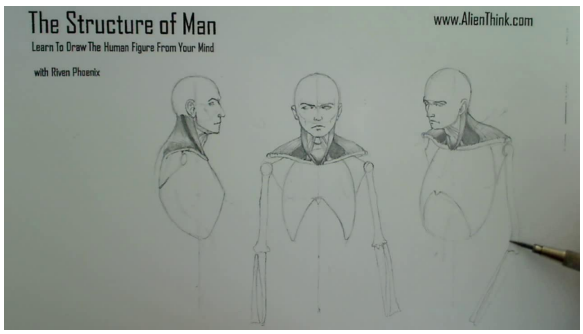
49		Right, because it's going to really help you understand what's going on with these bones here.
50		This is going to be pretty much where the belly button is.
51		So I'm okay over here.
52		Right, okay, and then over here we need to actually draw out the back.

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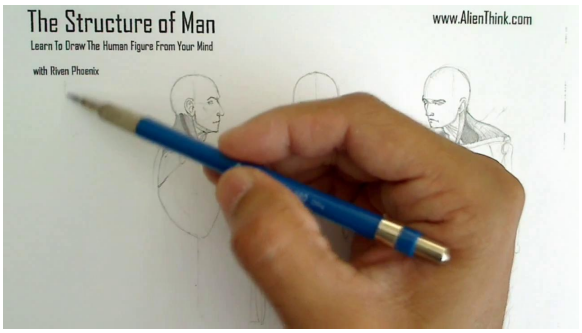
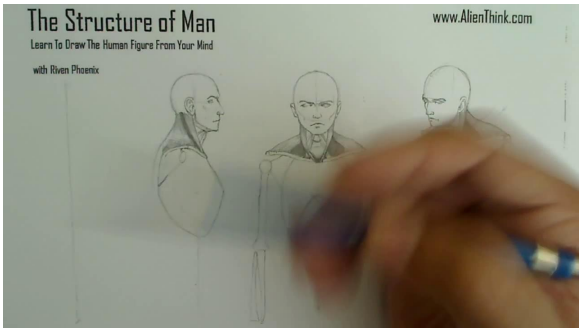
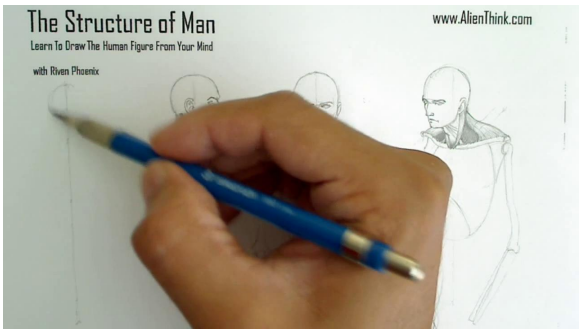
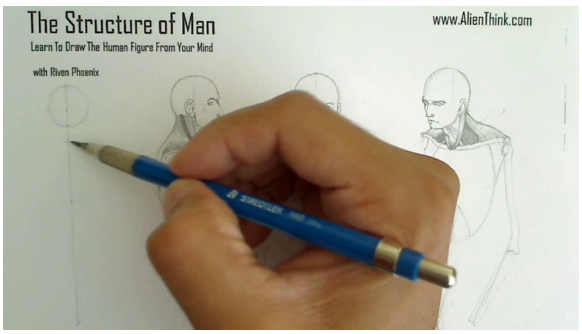
53		So here I'm going to let me see here.
54		Put the back over here just like this.
55		Just draw out the circle first.
56		Then here we can just basically roughing the idea here.

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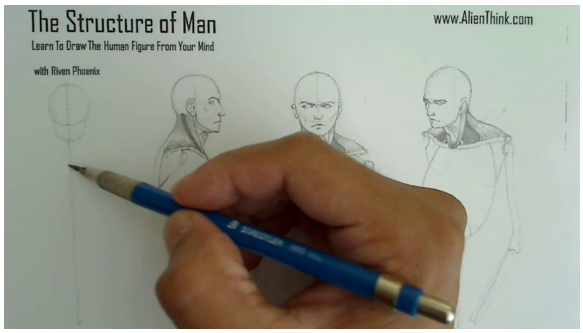
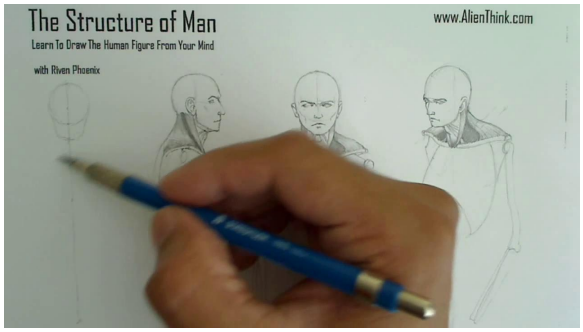
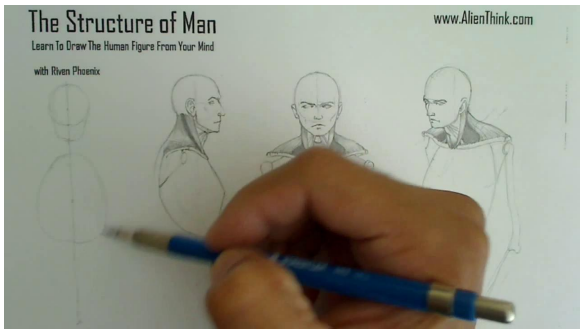
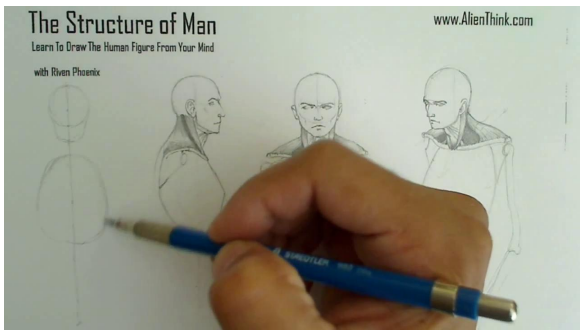
57		And here is where you're going to be the clavicle.
58		I'm going to get chance cavity because it's going to be where the naval is.
59		Right, so when you draw the chance cavity, just do it as accurate as possible in the design.
60		Right, so here I'm just sketching out first getting the concepts down.

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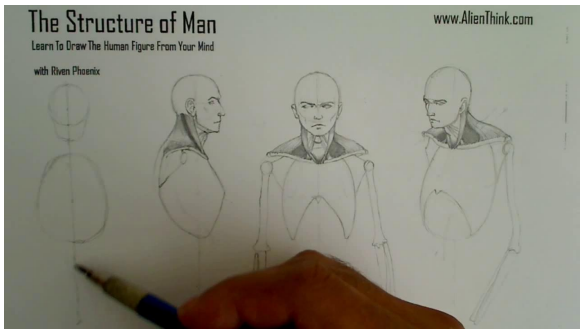
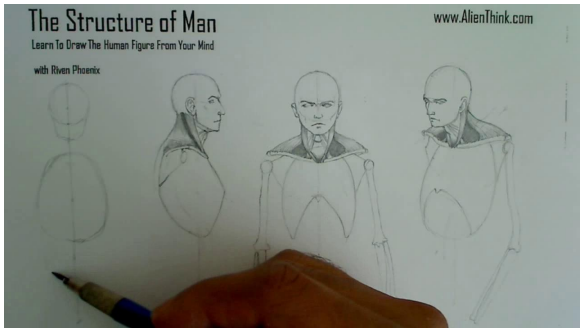
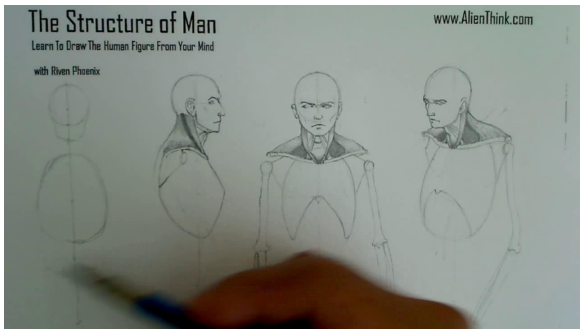
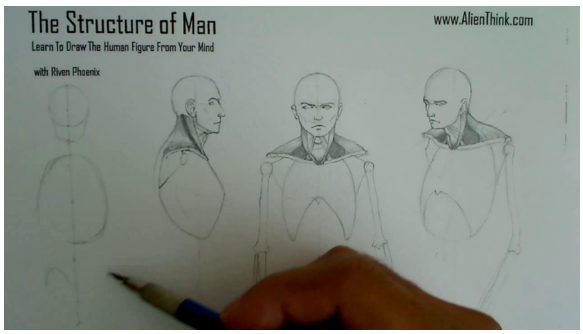
61		Right, so here we're going to have to draw out the pelvis now.
62		Right, so this is going to be easy.
63		We just know that where we have to be roughly with this over here.
64		Just draw it out like this over here.

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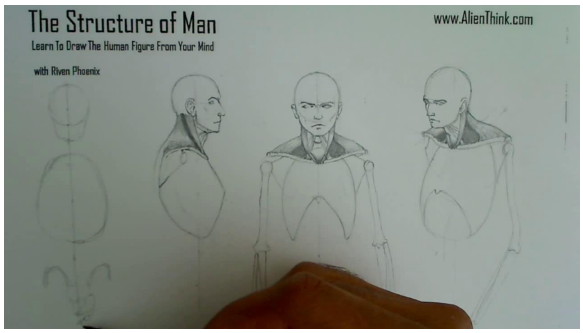
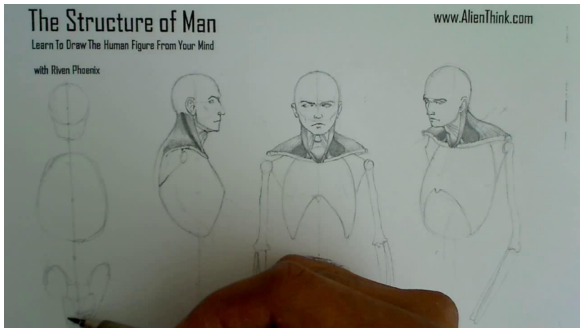
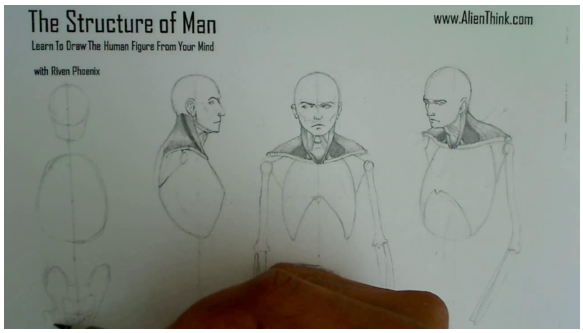
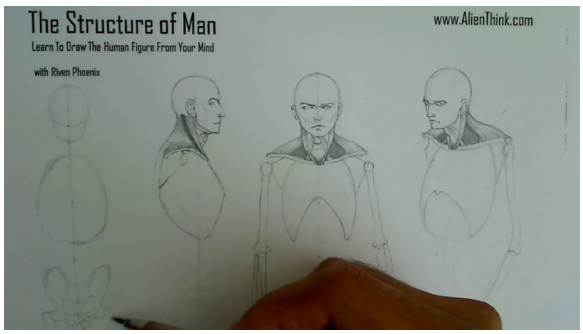
65		So I'm just going to get the basic idea for down first.
66		Just as we've been doing it over here and then here we're just going to get the bone right.
67		So when you draw this bone here for the for the leg, don't have to draw it out all the way.
68		We just need to draw it out at least this much.

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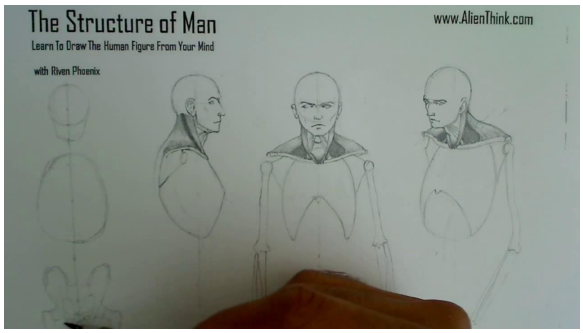
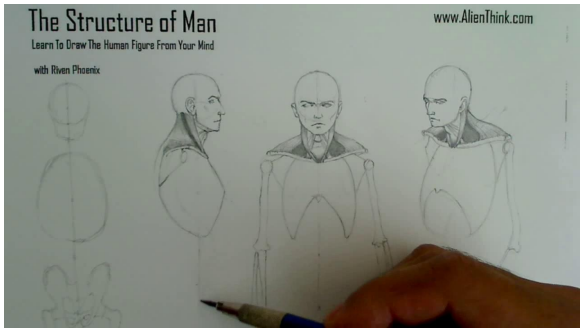
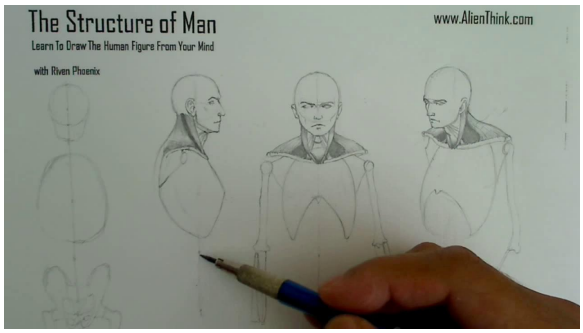
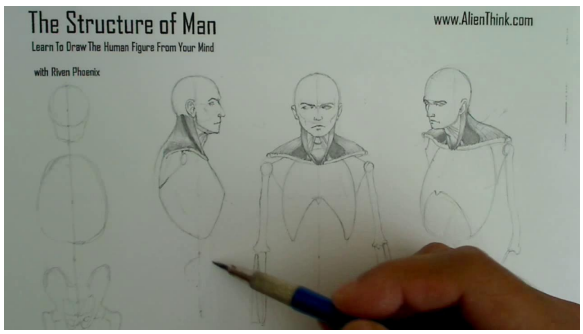
69		We can correct all that stuff later.
70		So this means that over here, where we are over here, we're going to have to also draw out the bone for the pelvis over here.
71		Right, so this is going to be easy as long as you know what the center is.
72		And just simply, and we know that it's going to kind of like come in this way.

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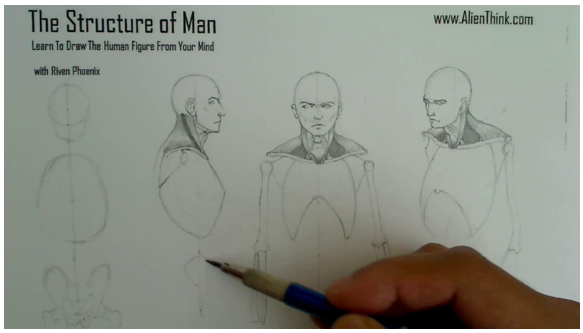
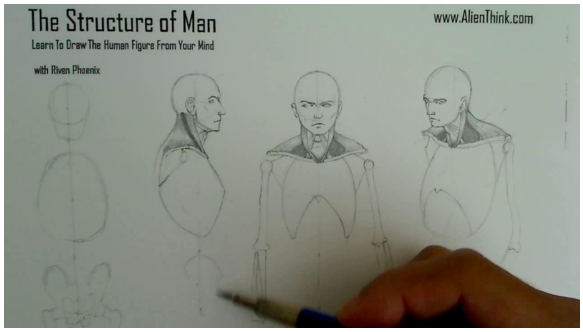
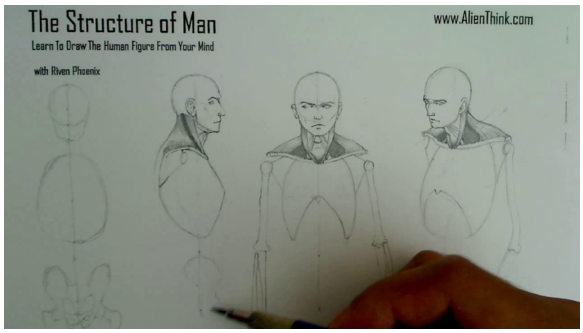
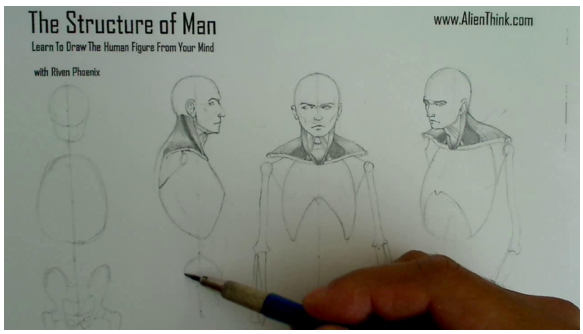
73		Right, so you know that right.
74		It's just going to end this way.
75		I'm going to get this.
76		Right, just like this, I'm going to get something like this over here.

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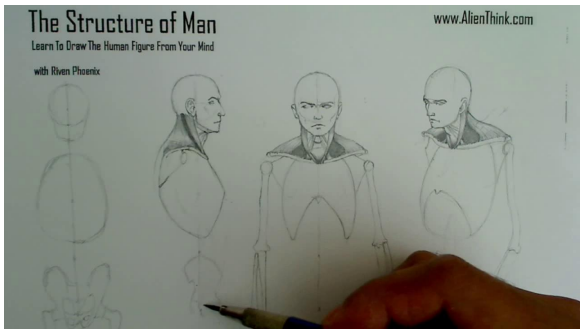
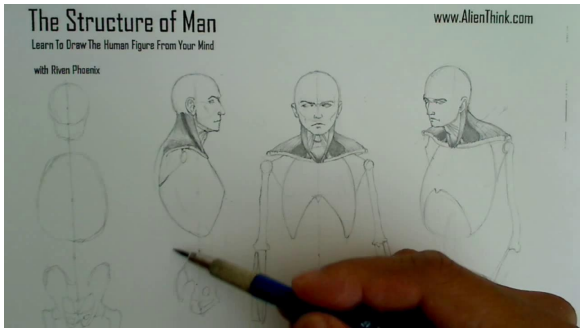
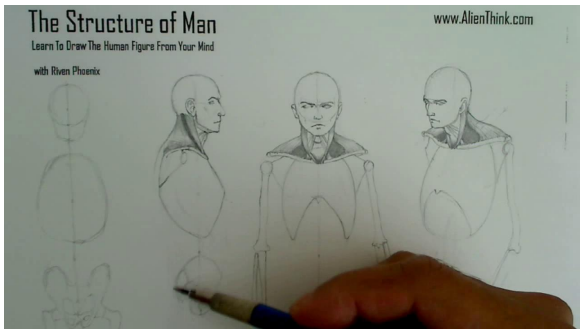
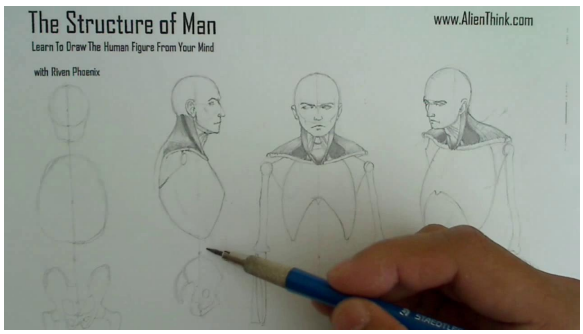
77		And then I'm done, right, just roughly put it in.
78		Right, so notice how where this is compared to this, right.
79		So we can basically put this down, right.
80		And for the spine, we don't have to draw the spine for this really, but just understand where this is over here.

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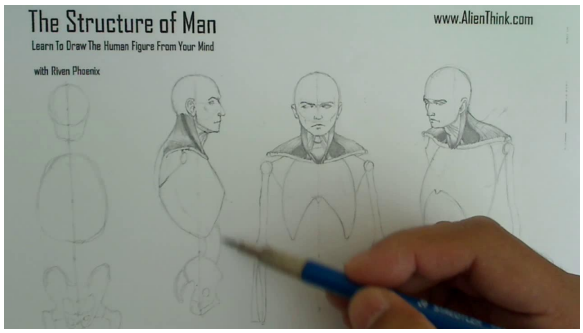
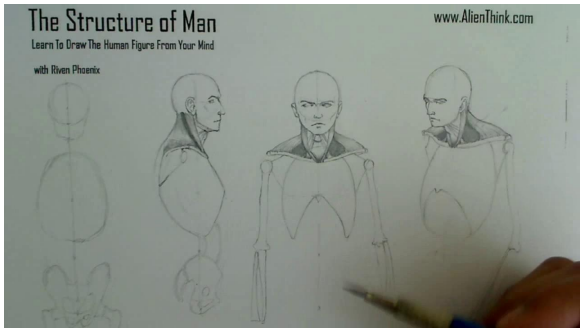
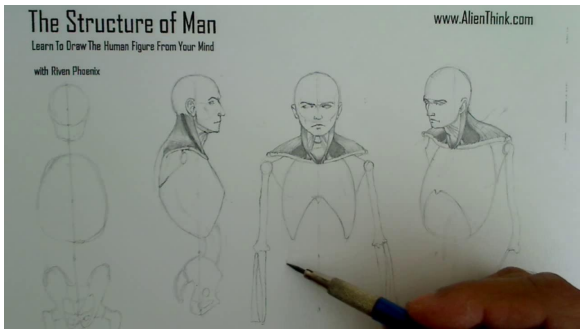
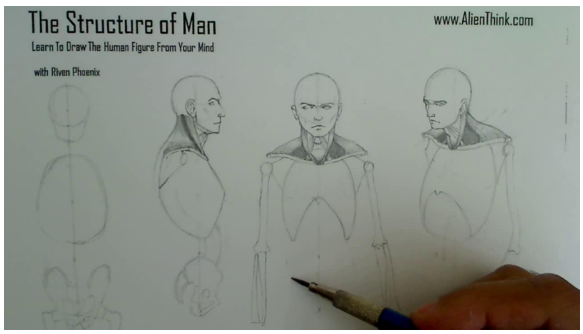
81		Right.
82		Okay, so we have to do the same thing for the front, right.
83		So the front, I'm just going to mark out these lines because I want it to be nice and neat over here.
84		Okay, so for this one, I'm just going to sketch out.

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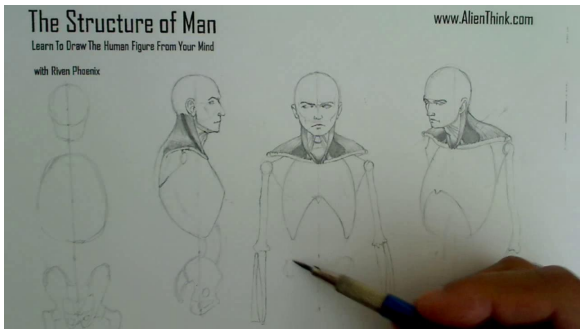
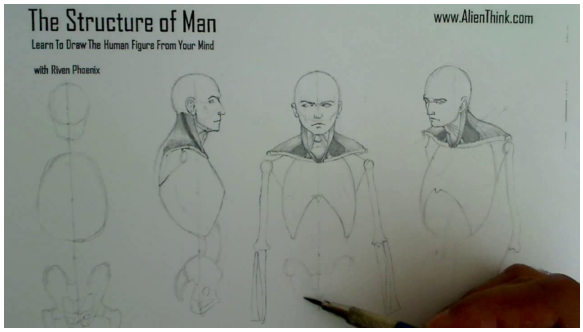
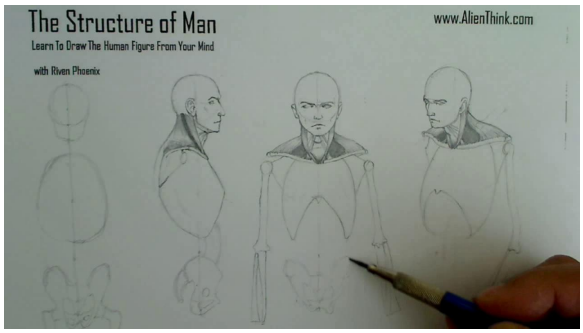
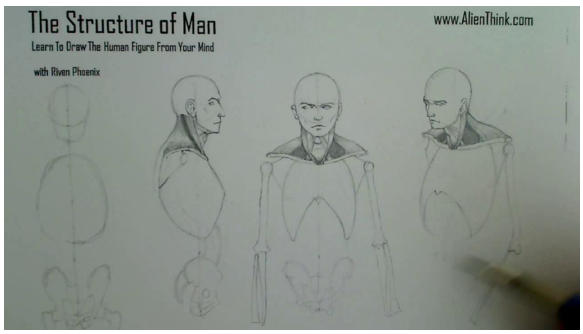
85		And just the basic concept of it first over here.
86		So you can see I'm just doing this really rough.
87		Over here, like so.
88		Right, and now for this guy here, we're going to have to draw out.

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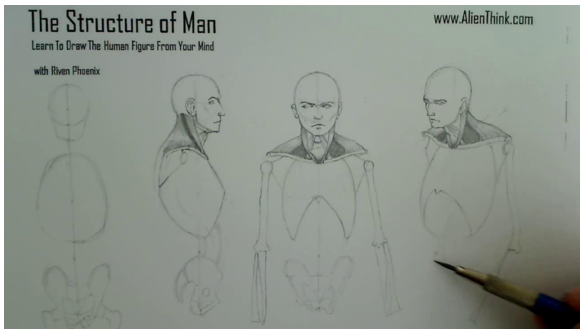
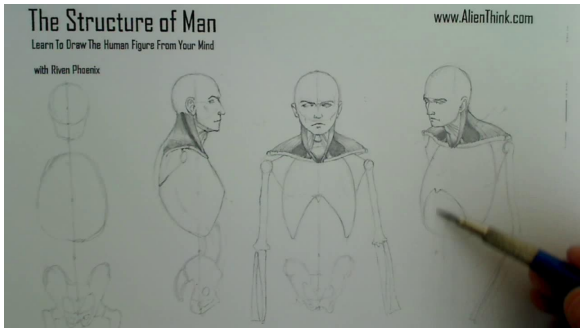
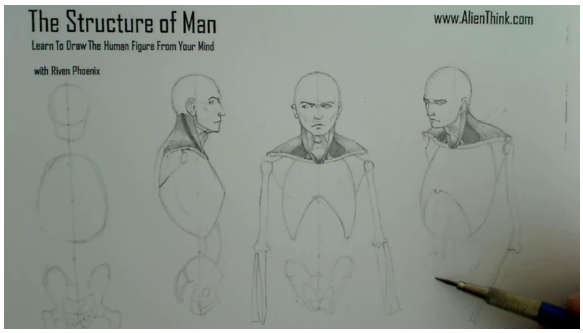
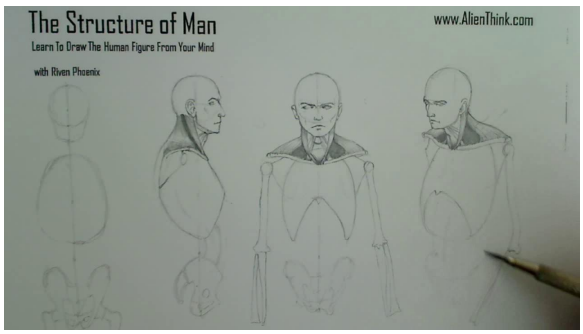
89		The the bone structure, right.
90		So to do this one, we're just going to want to use our tool kit idea that this is how we had created.
91		Really the structure for it over here, right.
92		So you can like create a box over here.

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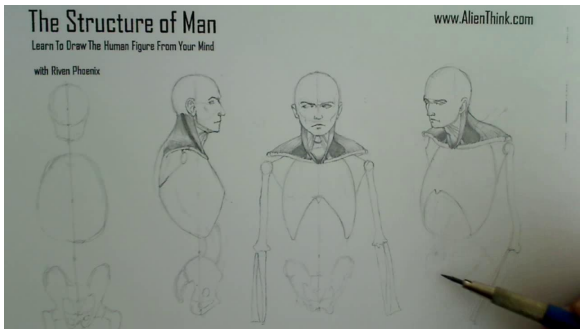
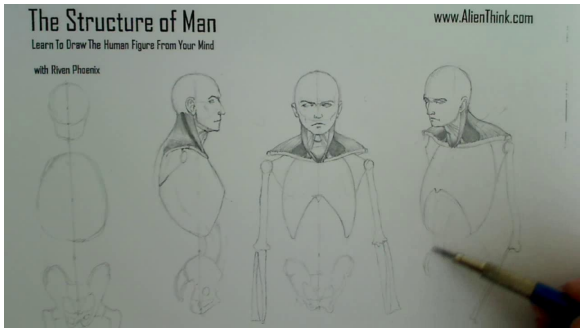
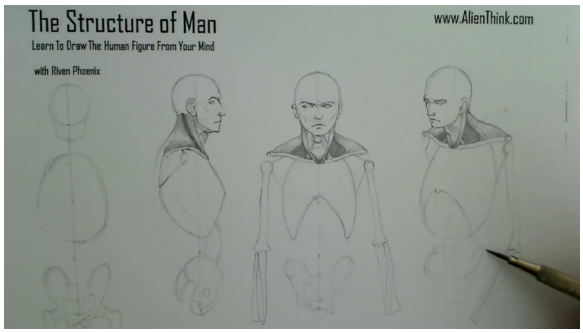
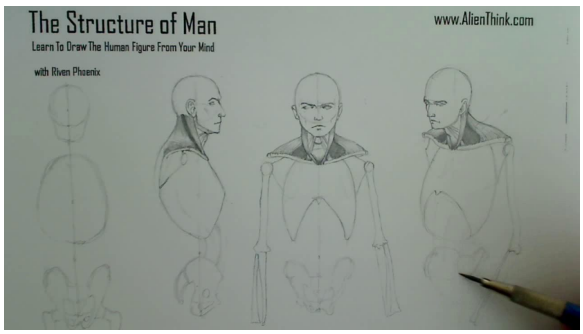
93		And then I'll start to create the your ideas over here.
94		So you're going to have to play with this a little bit.
95		Right, because it's on and kind of like this on this extreme angle.
96		Like so.

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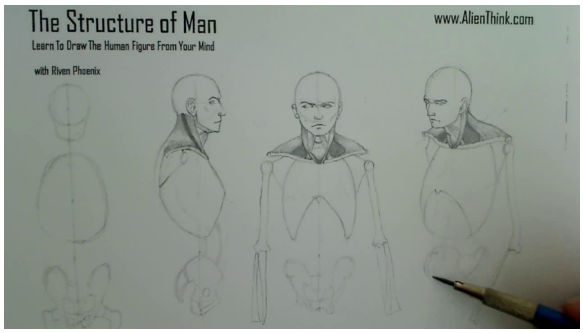
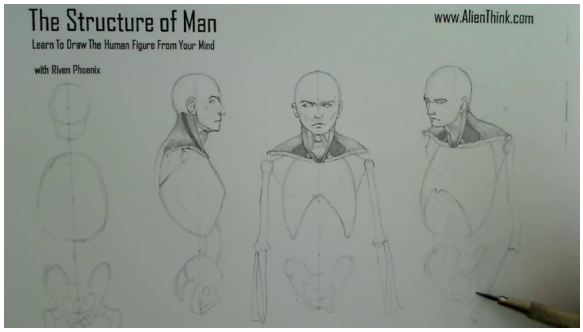
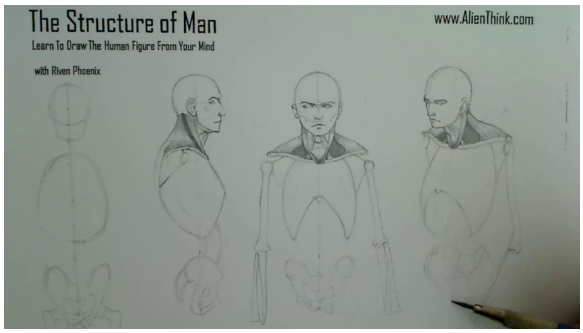
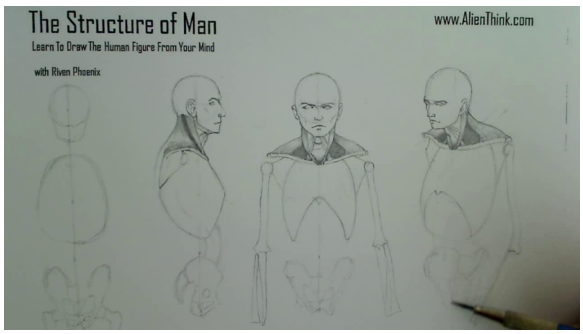
97		Over here, and I'm just going to get this design over here.
98		Right.
99		Like so over here, I'm going to get this design over here.
100		And this is going to go be going in this way, right.

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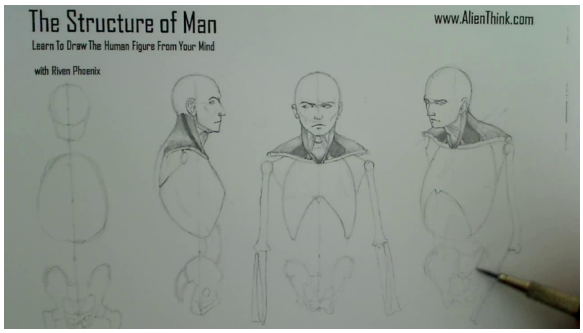
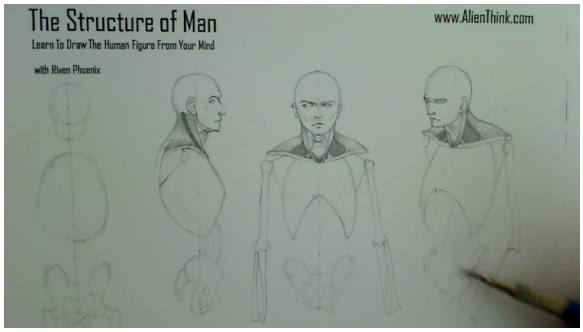
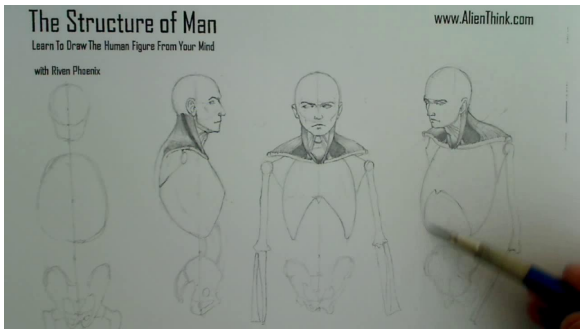
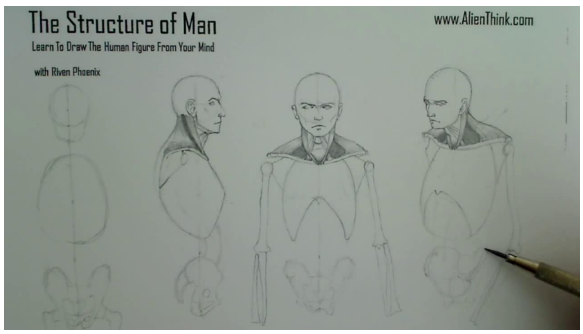
101		I'm just wrapping it in like so.
102		I just need right.
103		So keep an eye out for okay, where where really are the love handles going to be.
104		It's really going to be this way over here.

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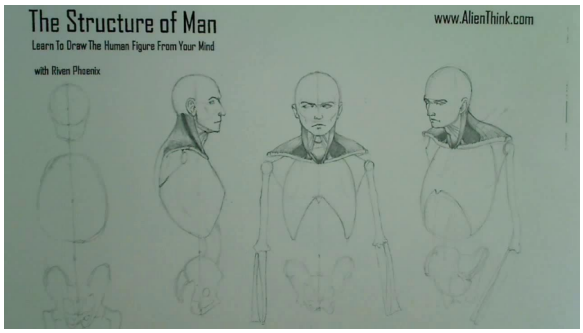
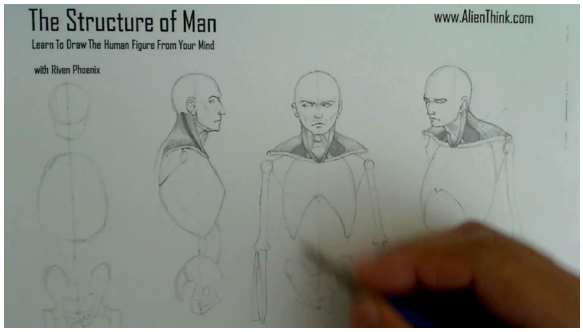
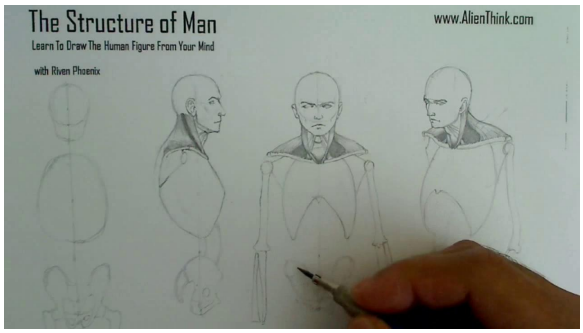
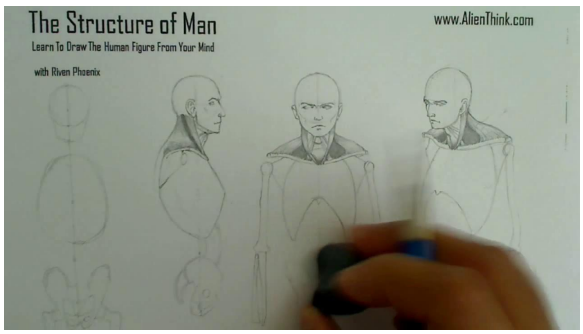
105		So once we have the concepts down, now we can start to put our ideas down.
106		Right.
107		So over here, I do now start to put better lines here.
108		So just like to erase all of this stuff, you know, start to think about your lines.

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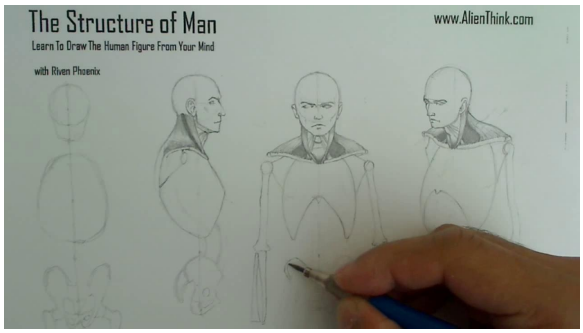
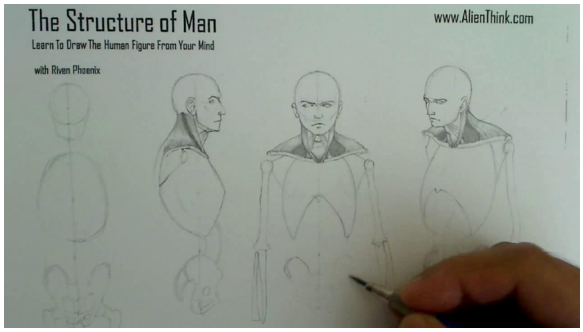
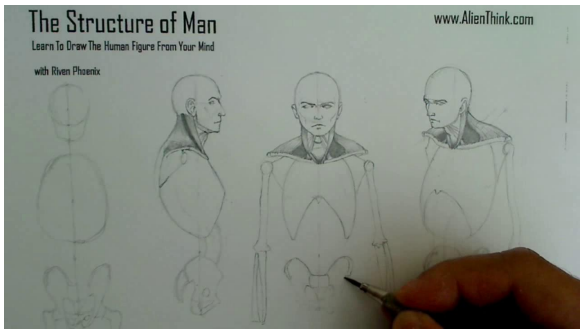
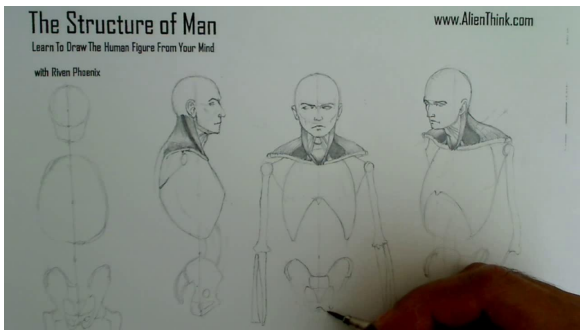
109		Right.
110		This is going away from us.
111		So where this crop is, right, I mean, you can come down a little bit if you want to.
112		It doesn't really matter.

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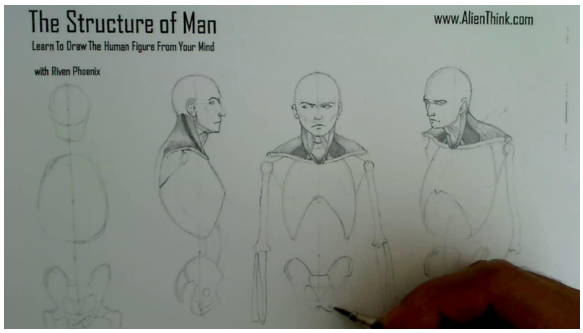
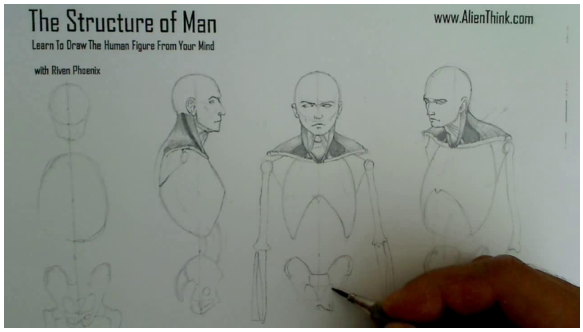
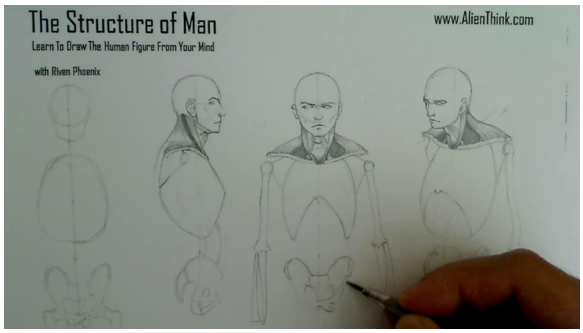
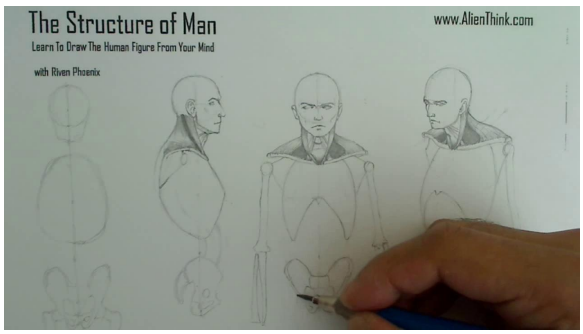
113		Right.
114		As long as we're very close in approximation, everything's going to look fine.
115		And here I'm just going to finish this off over here.
116		That's where this is going to be right.

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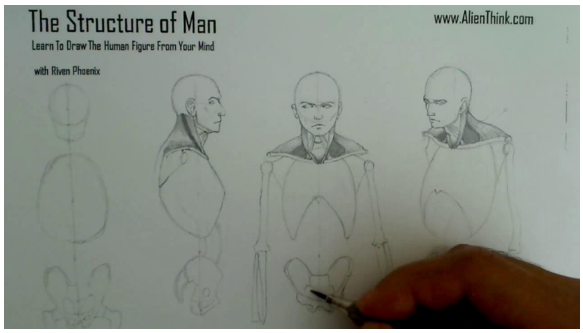
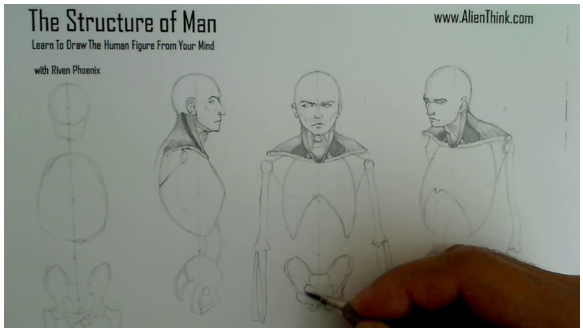
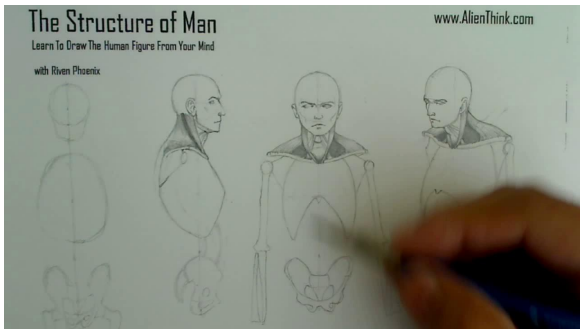
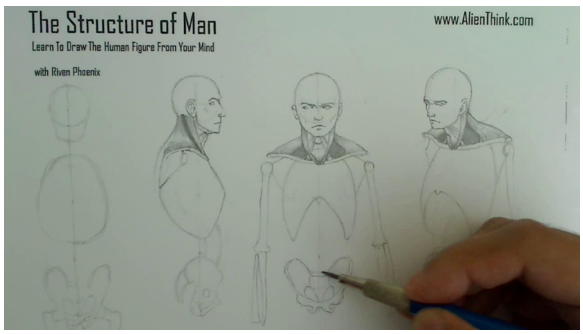
117		Right.
118		So here I'm just going to leave the legs alone because really don't need them.
119		Right.
120		The area for the spine.

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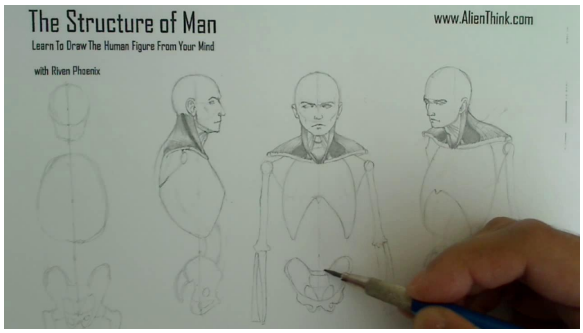
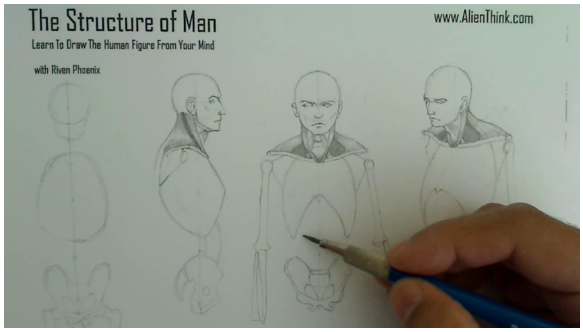
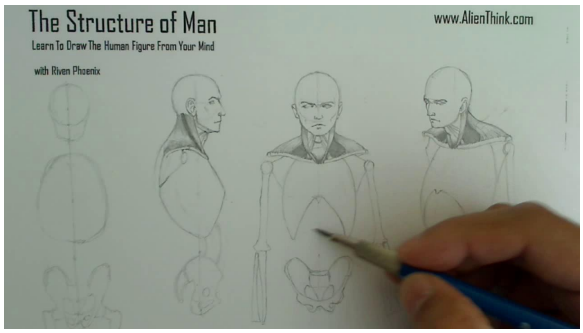
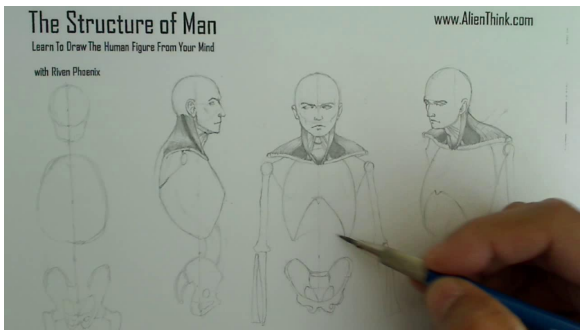
121		So here I'm just going to make this a little more bigger over here.
122		Right.
123		So we know that right.
124		This is just going to go like this.

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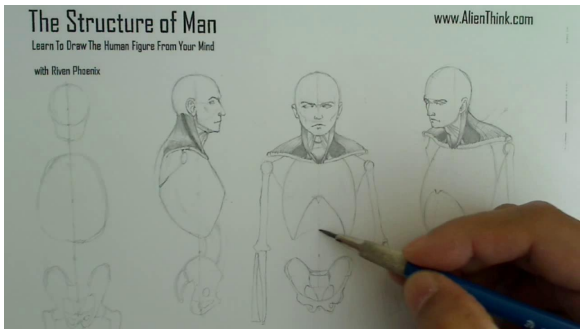
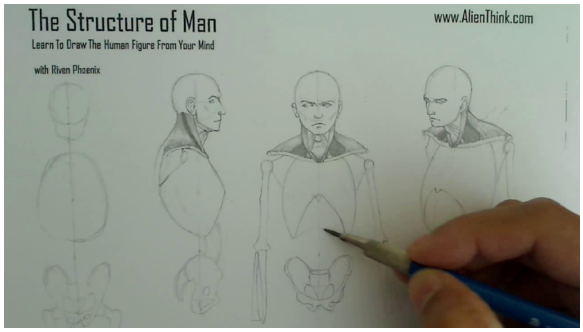
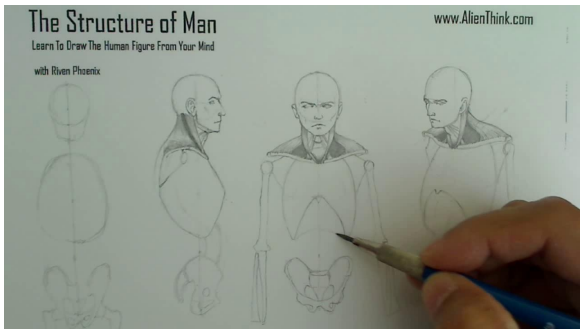
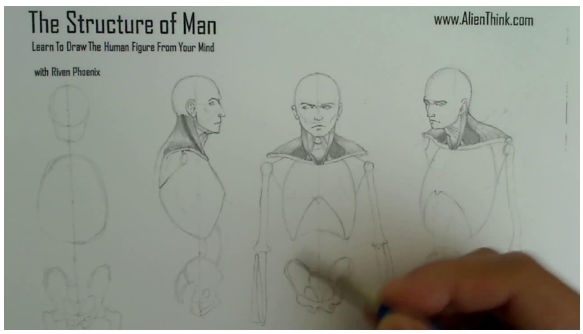
125		Right.
126		So but leave this alone.
127		Leave this section alone because we're actually going to change our understanding of this in a little bit.
128		Right.

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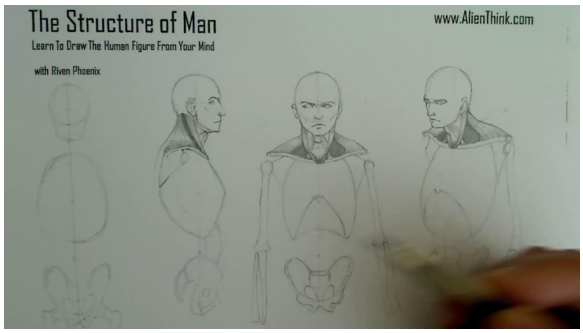
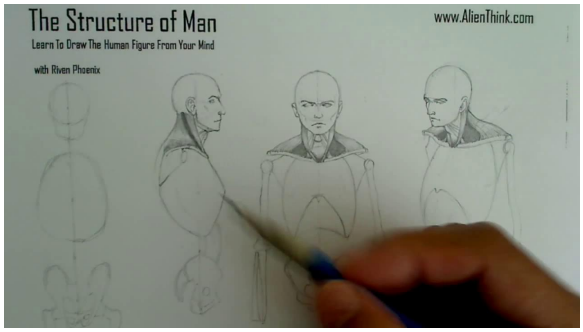
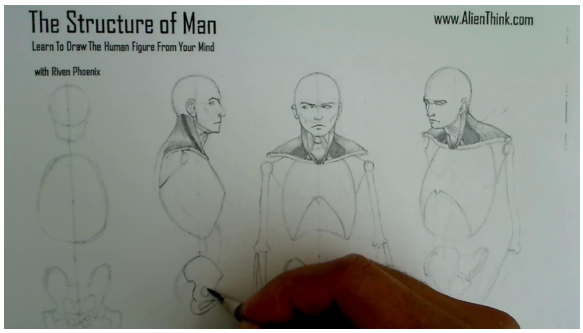
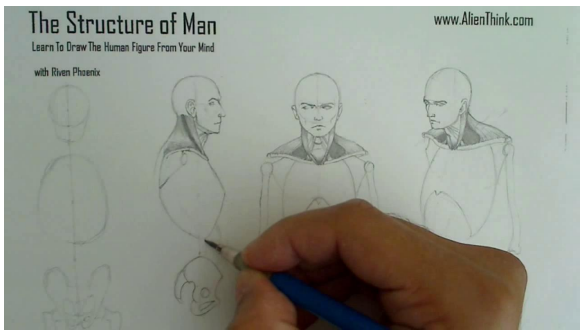
129		Okay.
130		So I'm just going to wrap this up by cleaning all this stuff out over here.
131		I'm just going to be my idea over here.
132		Okay.

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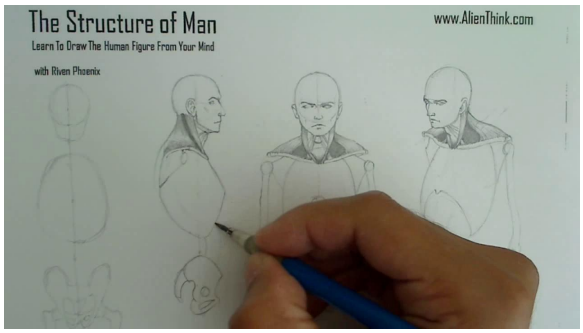
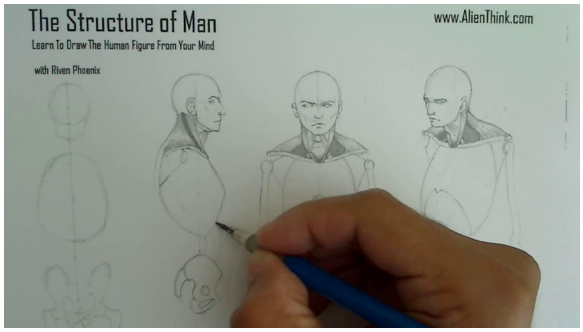
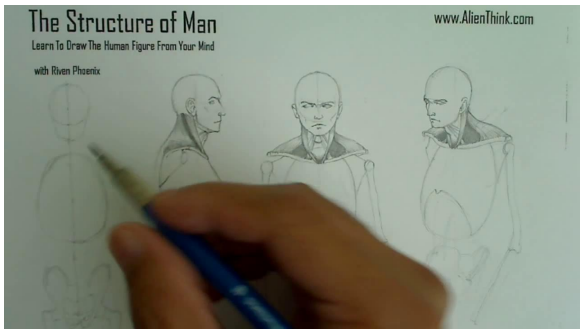
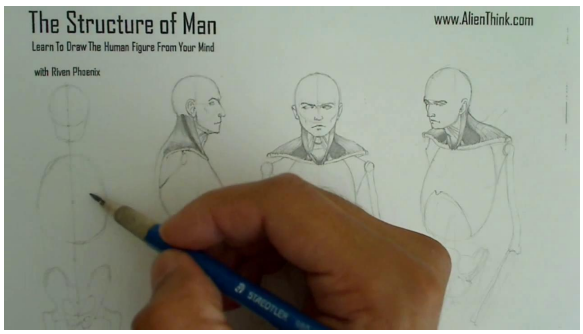
133		And this is going to be where the spine.
134		So no, don't draw out the spine too dark because we're going to be not using most of that stuff.
135		Right.
136		So here for the back view, just going to wrap this up.

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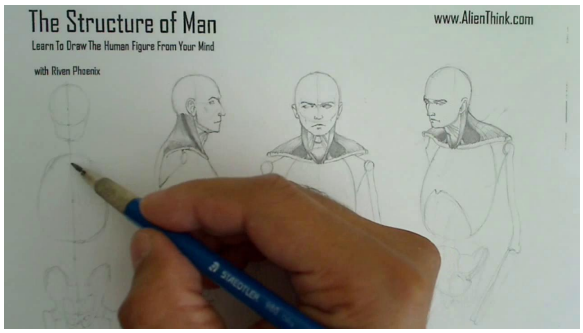
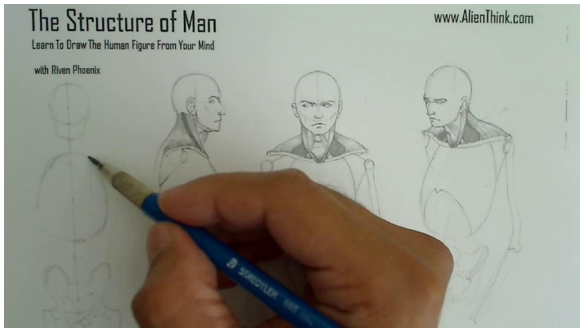
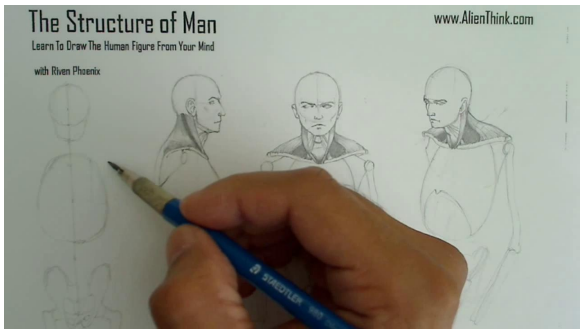
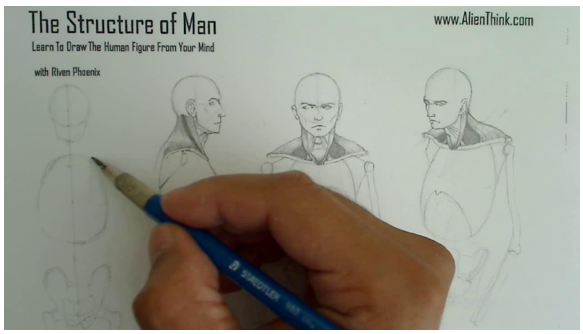
137		Just understand.
138		Okay.
139		We'll really.
140		I'm just going to come over here.

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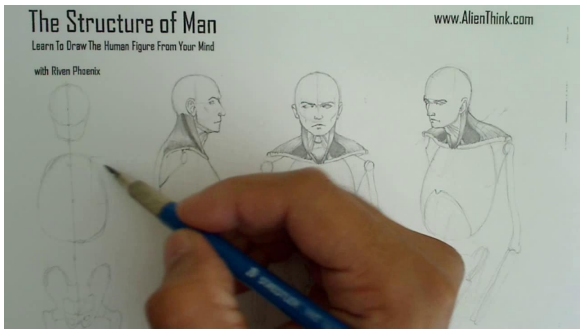
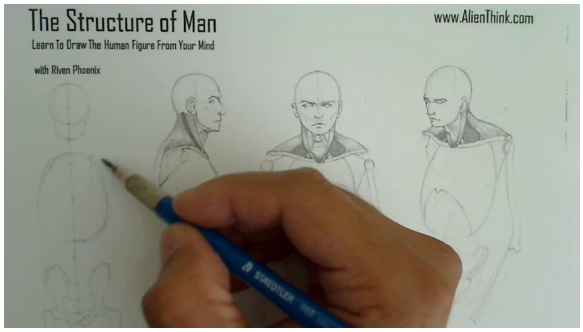
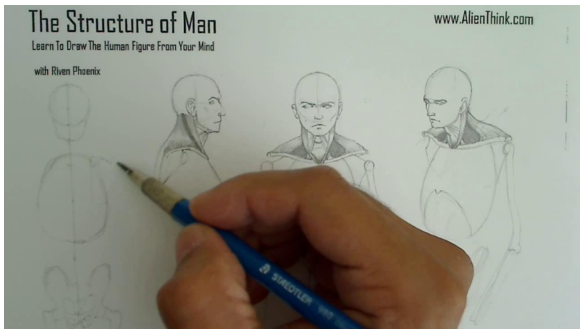
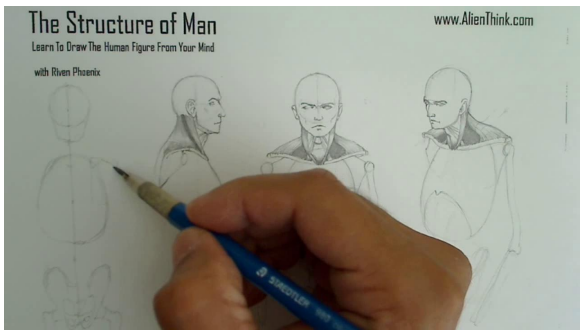
141		Right.
142		So.
143		It's way about here.
144		About here.

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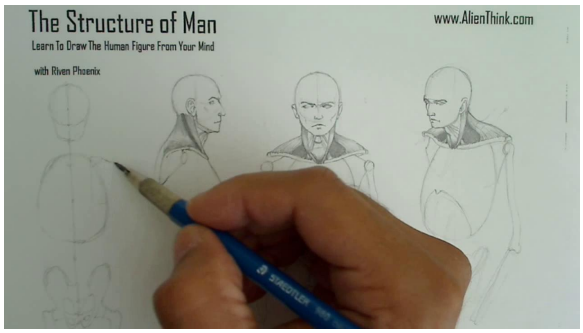
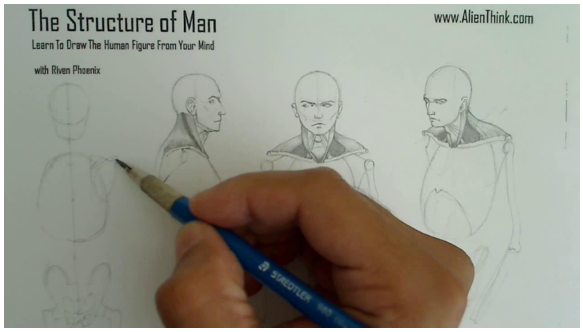
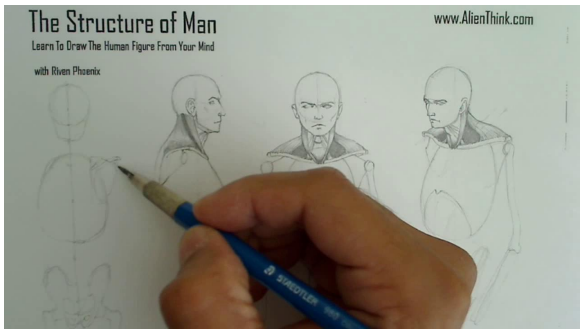
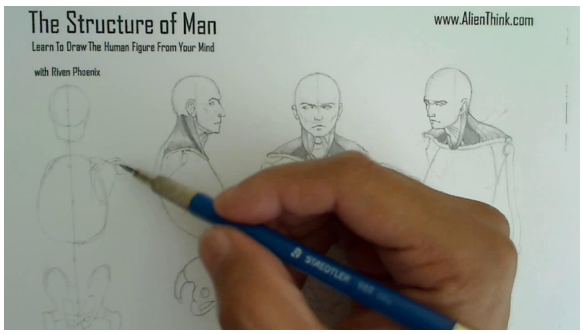
145		I want it to be about here.
146		Here.
147		Just put the scapula down.
148		And then over here, you're going to put the the humor is bowing down again.

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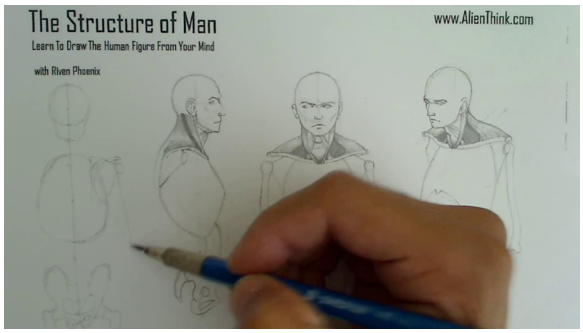
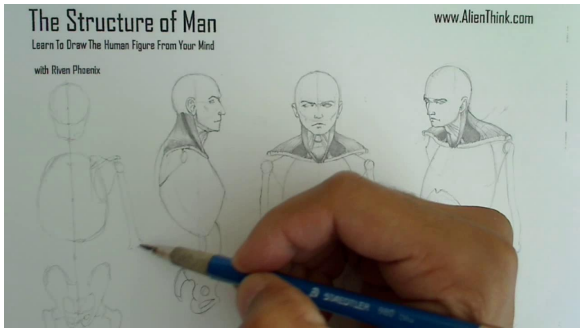
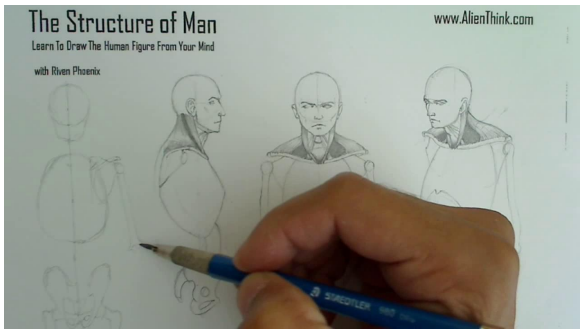
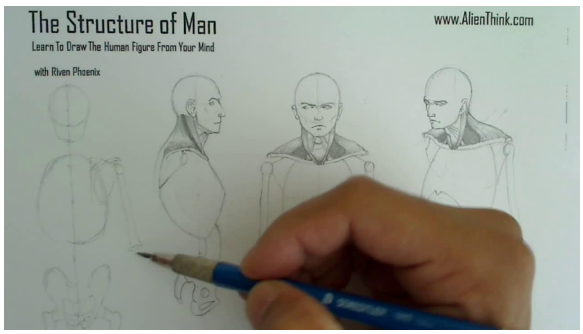
149		Right.
150		Okay.
151		And then here.
152		You can also put down the.

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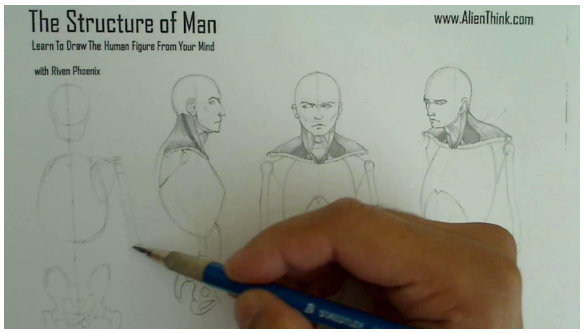
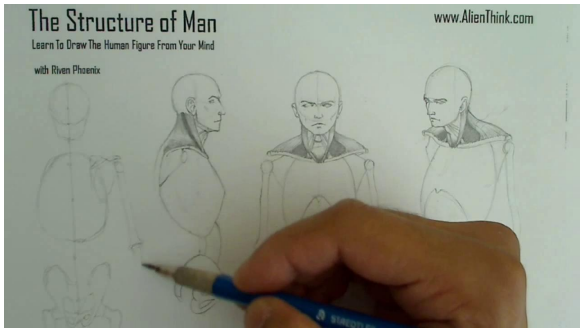
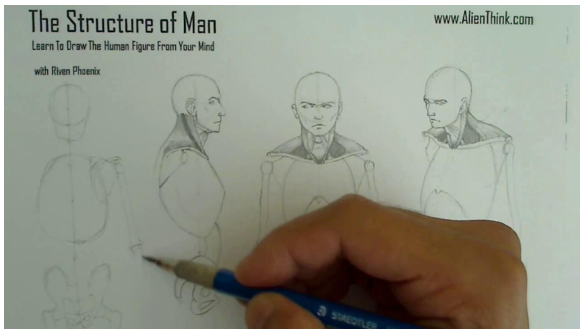
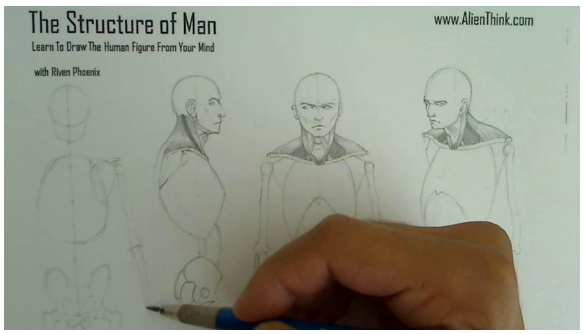
153		The all know over here.
154		Right.
155		So when I do the all know, I'm going to go this way over here.
156		Right.

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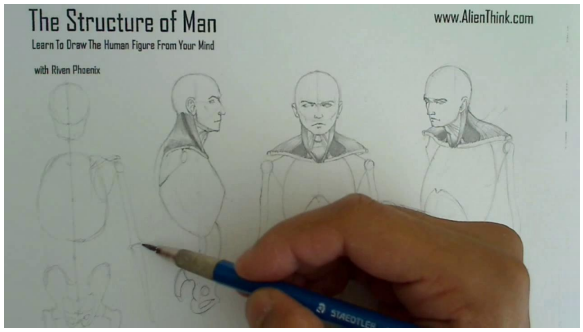
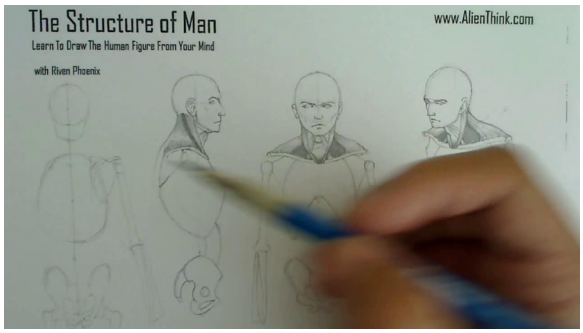
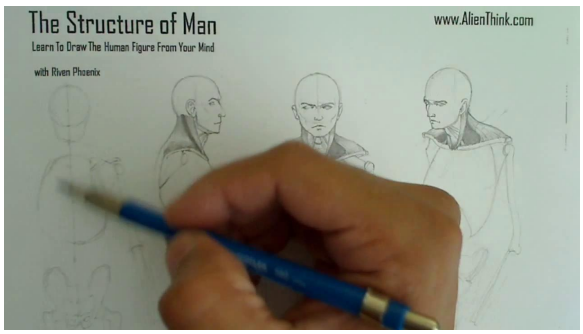
157		And you come inwards.
158		And then the radius would be here.
159		So.
160		And we'll do the same thing on this side here.

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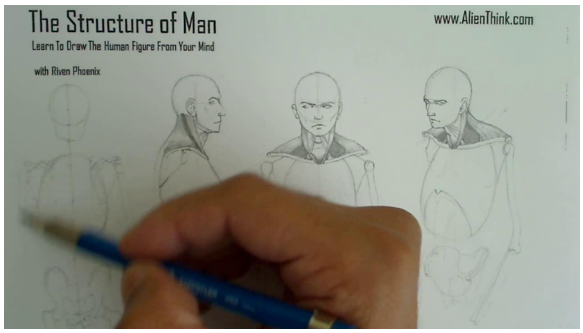
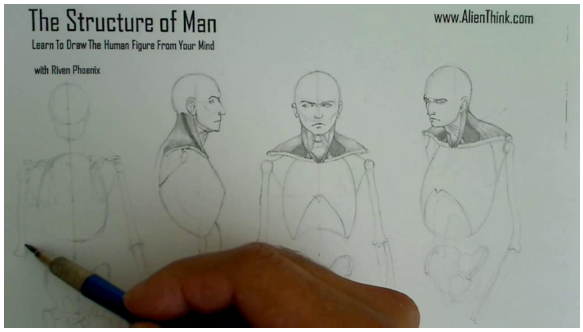
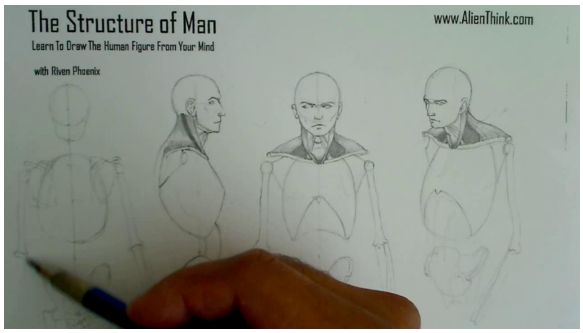
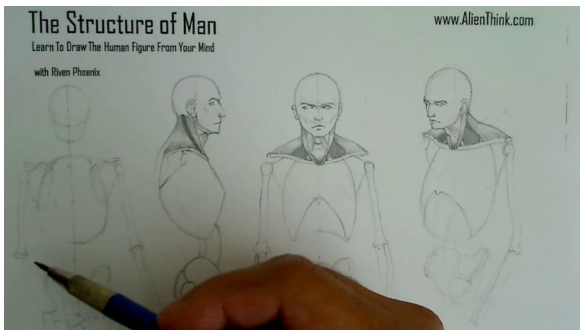
161		And fix this one up over here.
162		And subsequently just.
163		We're done over there.
164		And.

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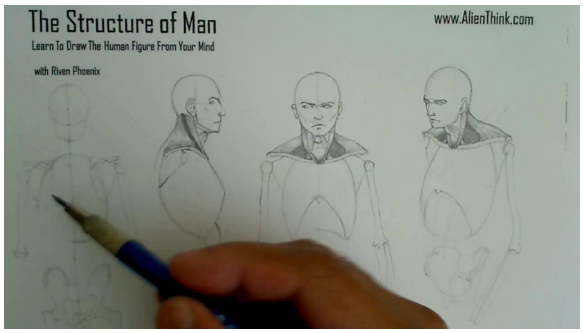
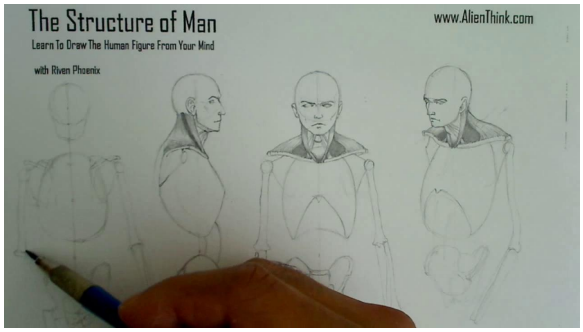
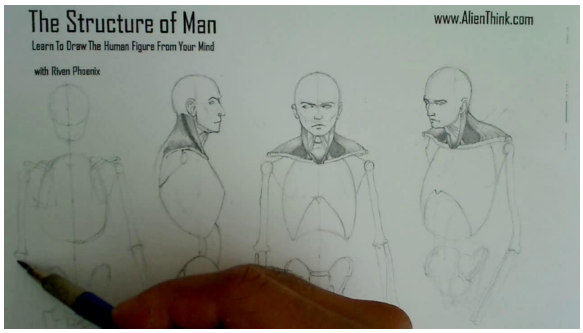
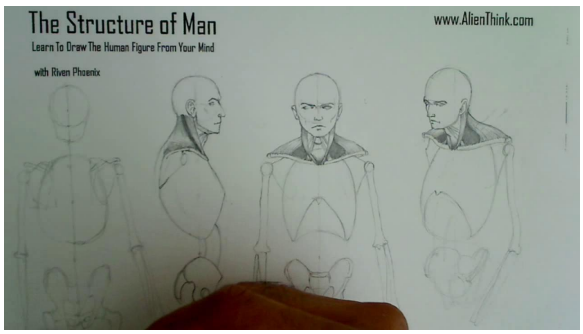
165		Okay.
166		We can I guess just.
167		Do this arm to.
168		Just put it down over here.

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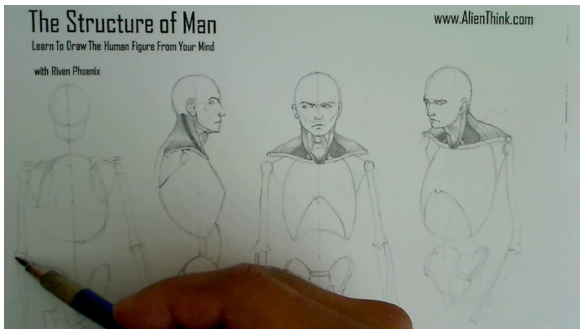
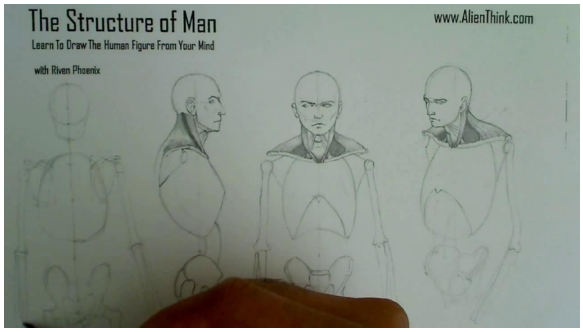
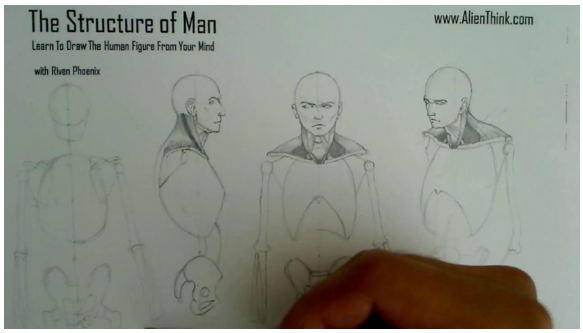
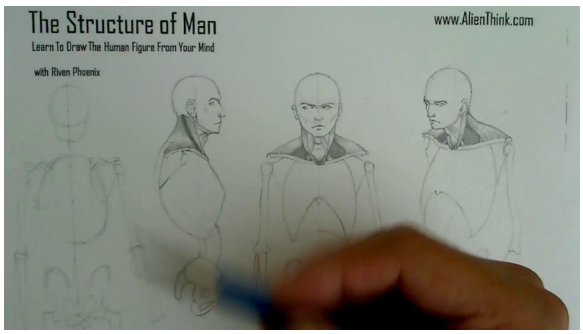
169		And know that the radius is on the other side.
170		Right.
171		Yeah.
172		Okay.

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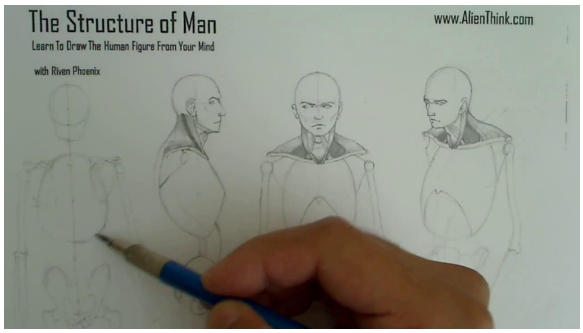
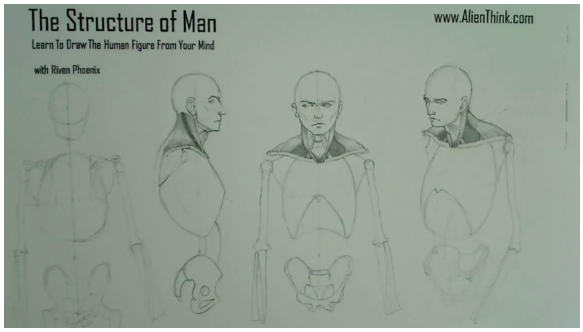
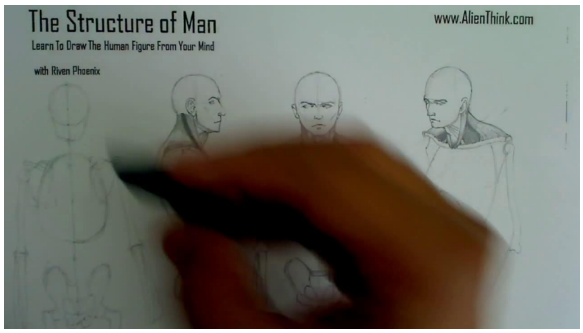
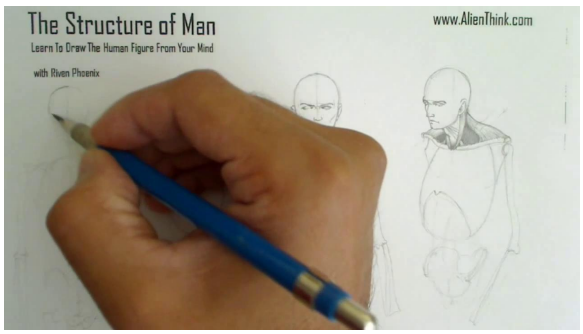
173		Right.
174		So now we can just fix up.
175		This drawing and be done with it.
176		Okay.

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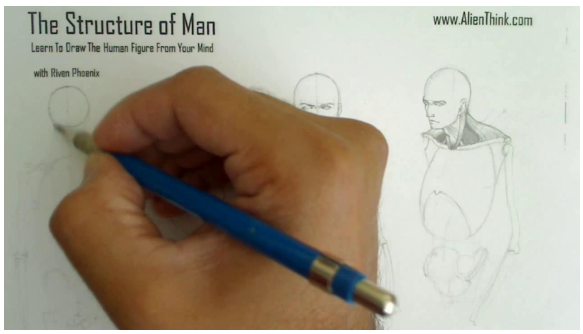
177		So for the head, I'm just going to do it.
178		Like this round over here.
179		Right.
180		And I'm just going to draw out the job.

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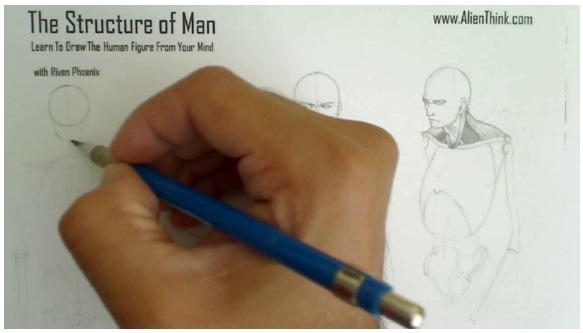
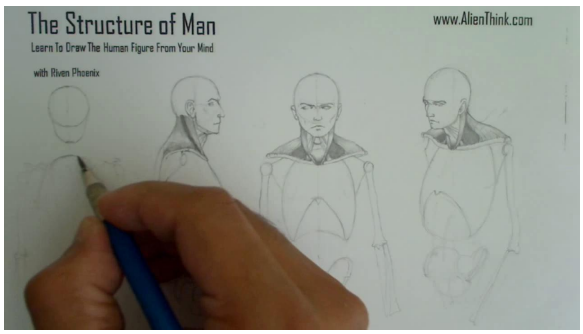
181		We don't have to draw the surface anatomy on this one.
182		Right.
183		And then over here, where we do the chest cavity.
184		Right.

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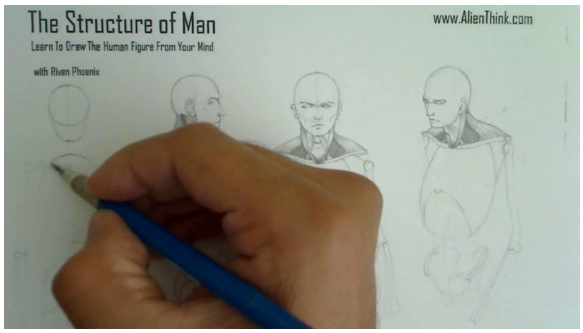
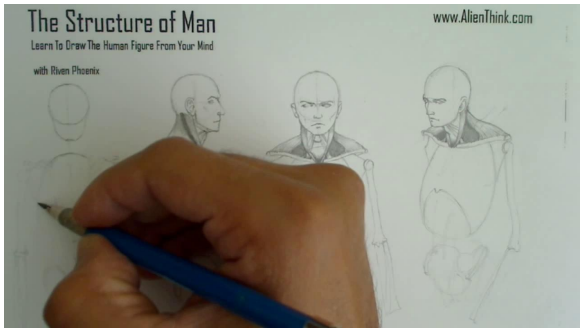
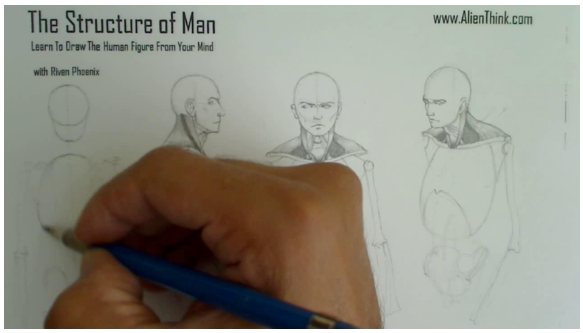
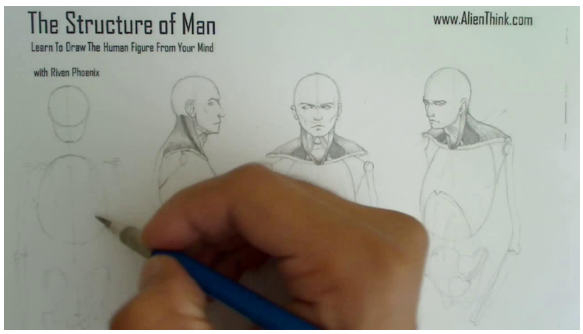
185		So when you're doing the chest cavity.
186		Over here like this.
187		Right.
188		Just to make sure that it's at least an equal distance.

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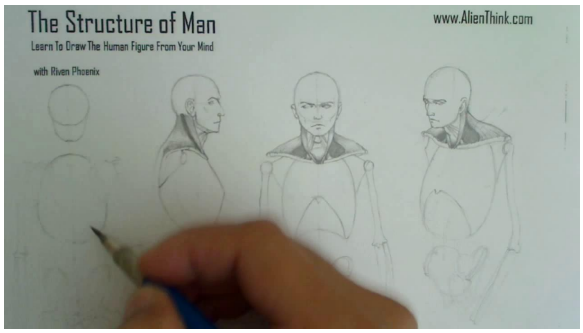
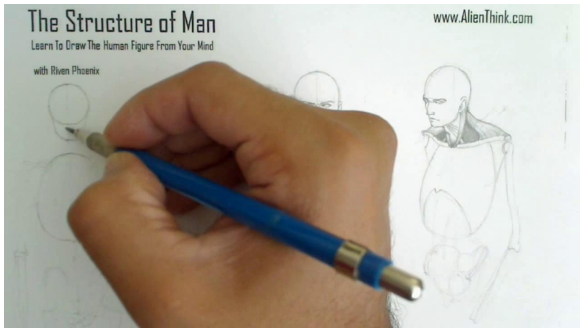
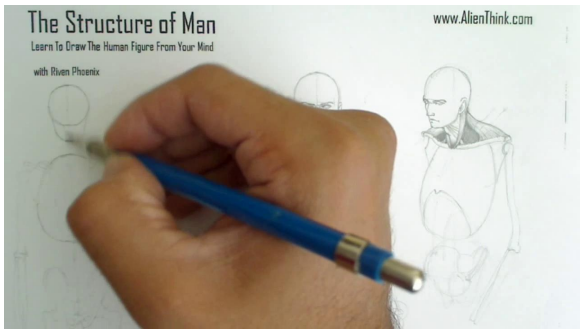
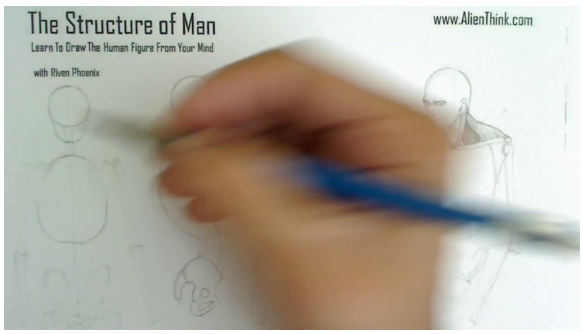
189		And this will just make the drawing look much more cleaner.
190		Right.
191		And then of course you're going to get the spine over here.
192		Like so.

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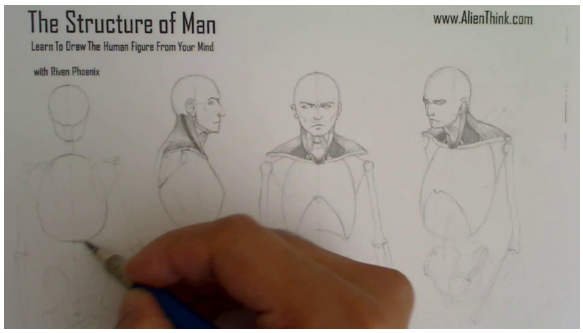
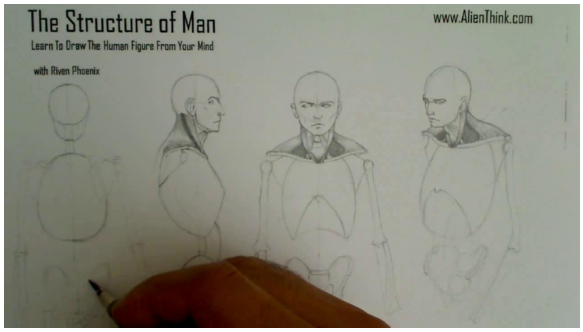
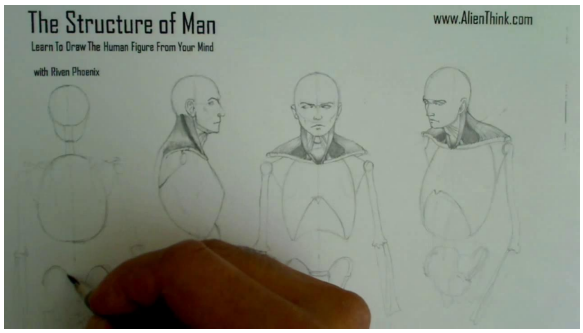
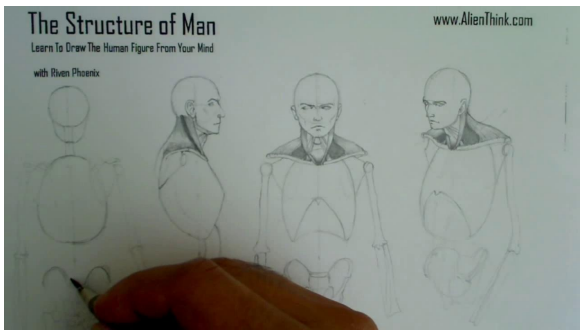
193		Okay.
194		And over here.
195		And this is just going to come over here more towards us.
196		So you can do different variations of the pelvis.

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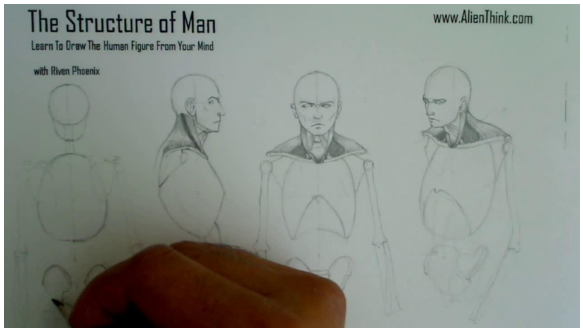
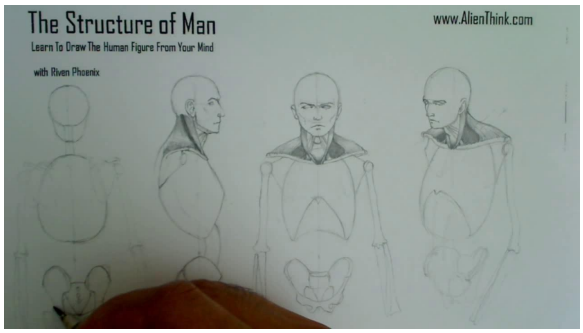
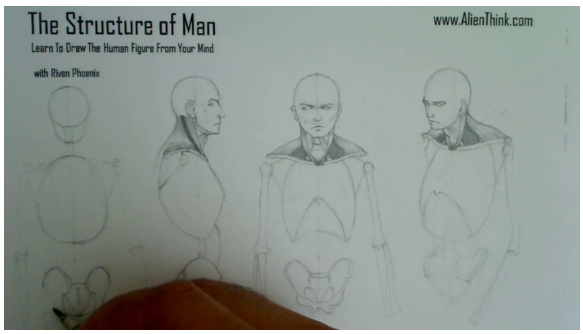
197		Okay.
198		I'm almost done with this over here.
199		Right.
200		So here actually we'll just draw out this bone over here.

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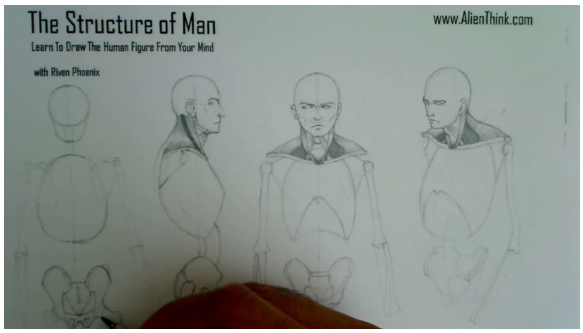
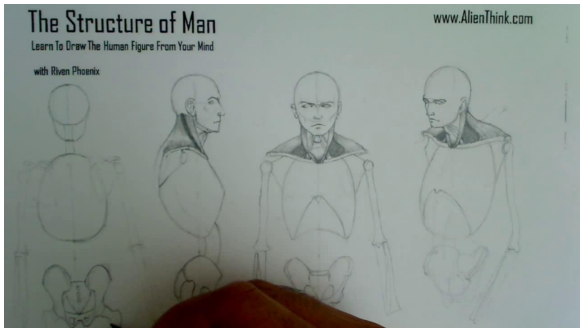
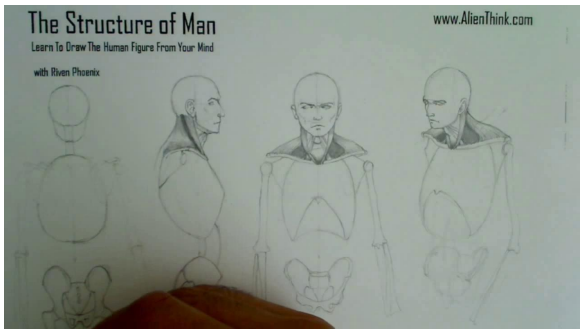
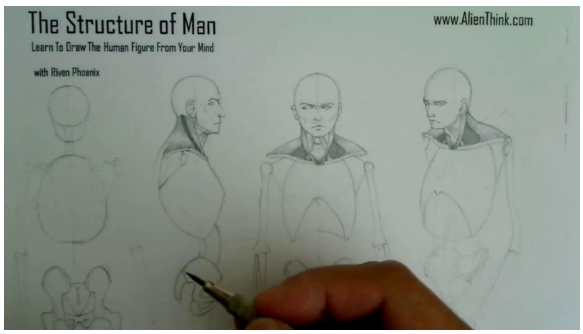
201		Just a little bit if you want to.
202		But we're really actually not going to be using this.
203		We're going to have different drawings for that.
204		Okay.

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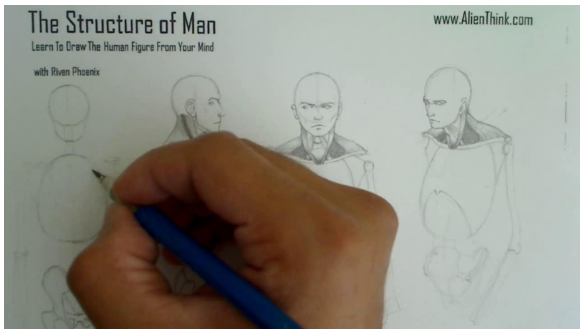
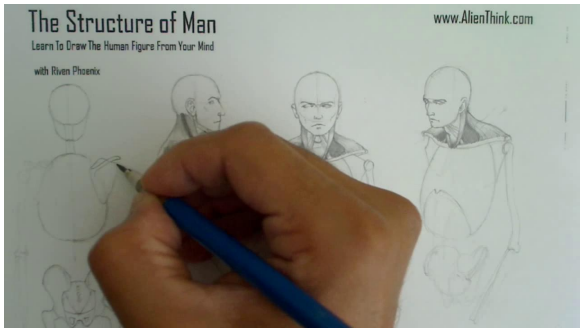
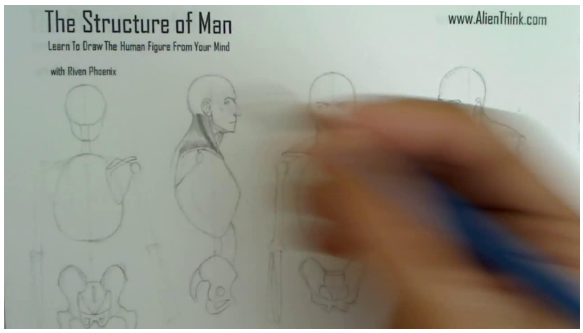
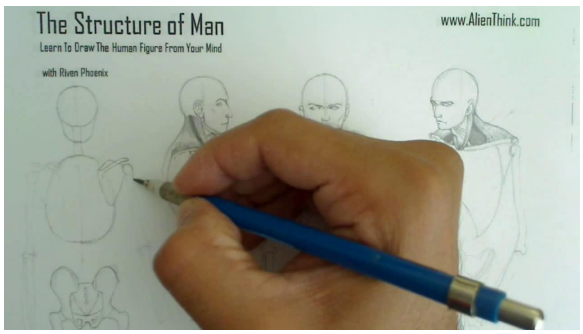
205		So for this, I'm just going to now wrap this up for the scapula.
206		Over here like this.
207		Oops.
208		And just finish this off.

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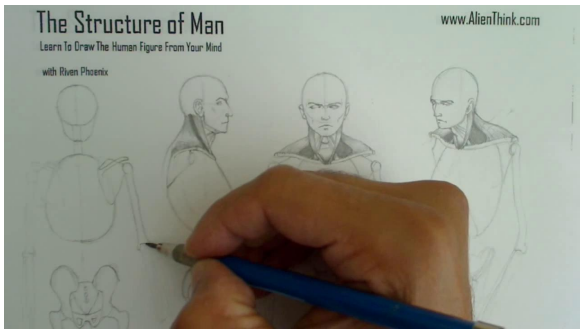
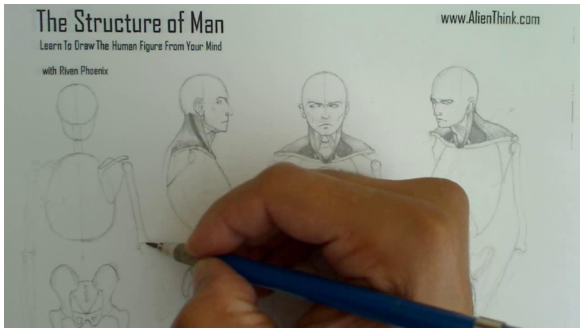
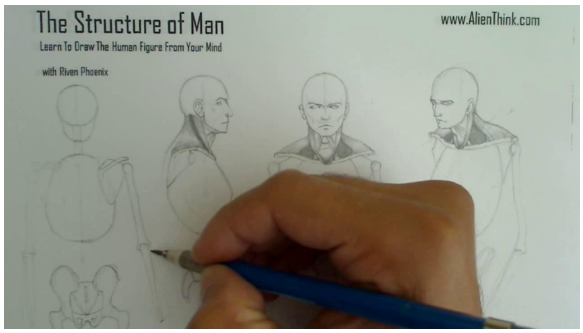
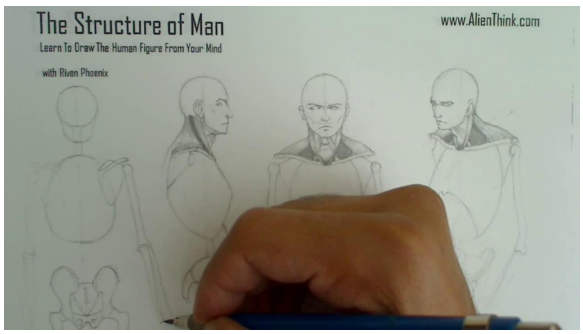
209		Right.
210		And this is the ulna that's going to be coming down like this.
211		And then the radius is really more on the other side.
212		And here we're just going to draw it like this over here.

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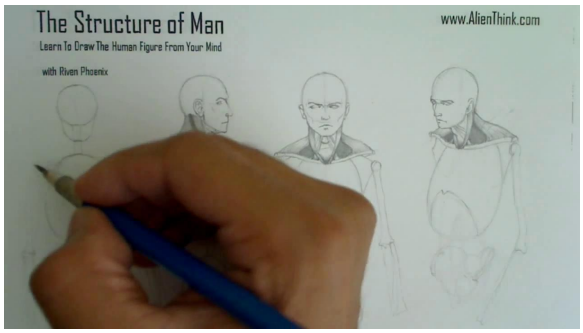
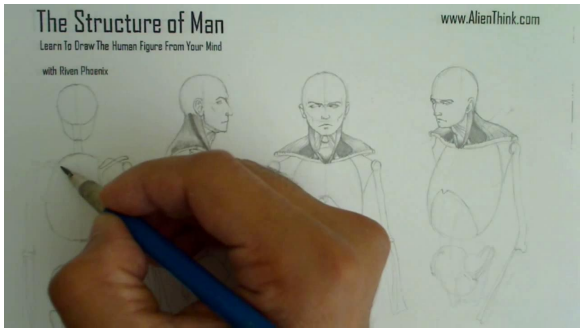
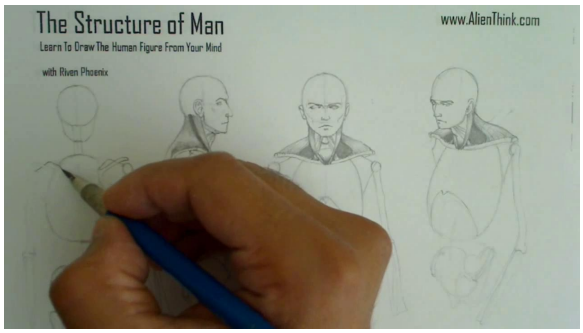
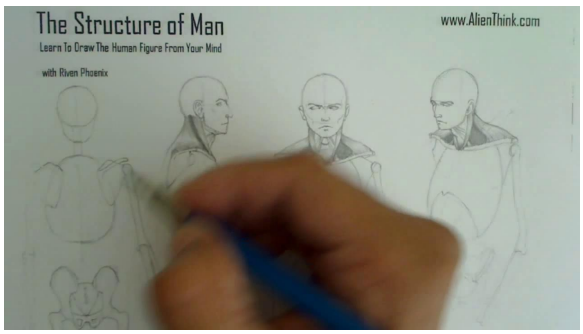
213		And do the same thing here.
214		So now when I draw the scapula over here, I just want to be
215		close as possible in the design of it to the other one.
216		Right.

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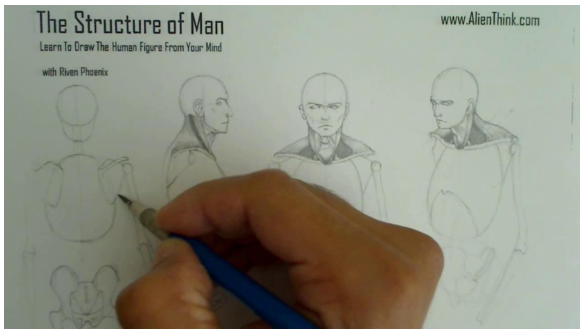
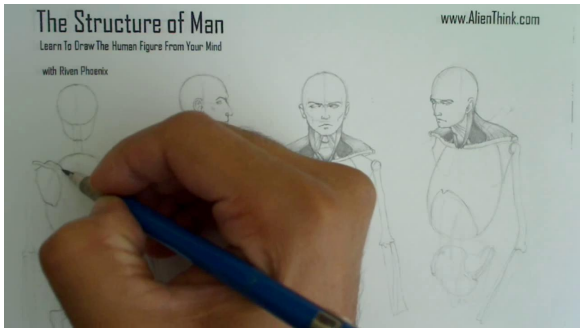
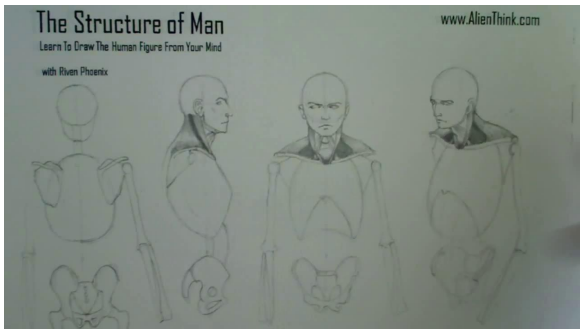
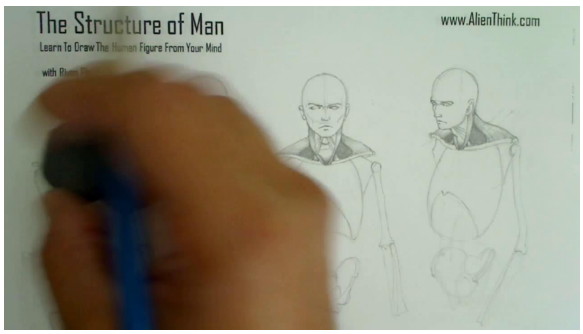
217		So over here, I'm going to be like this.
218		And just draw it out like this.
219		Right.
220		And then over here.

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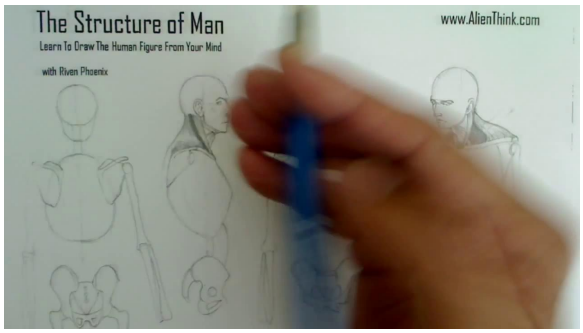
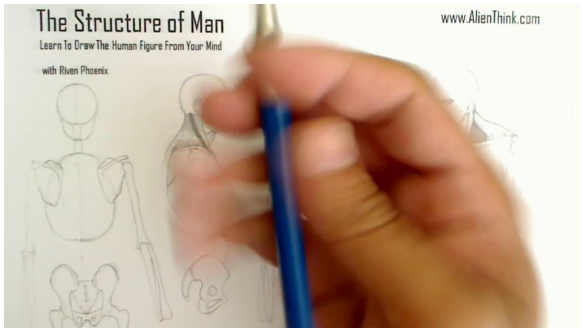
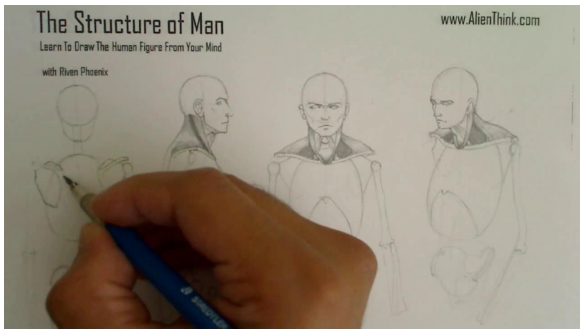
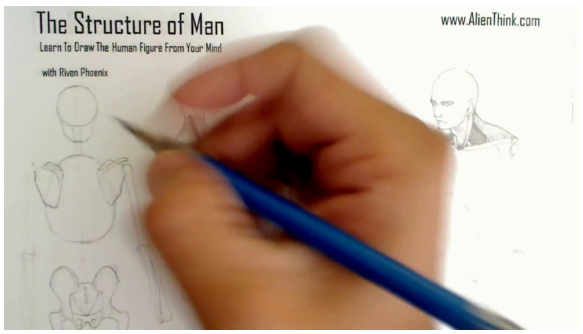
221		I'm going to actually just measure this out because I just want the.
222		That's fine.
223		When we do the drawings for the muscles, it'll just look a little more better.
224		Okay.

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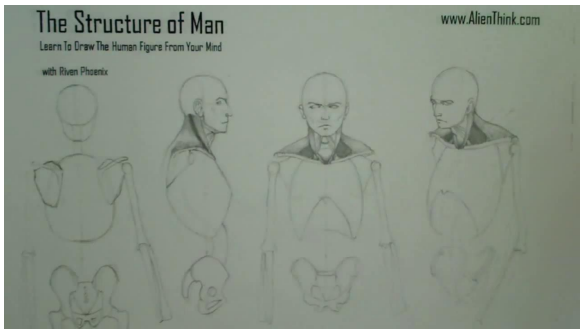
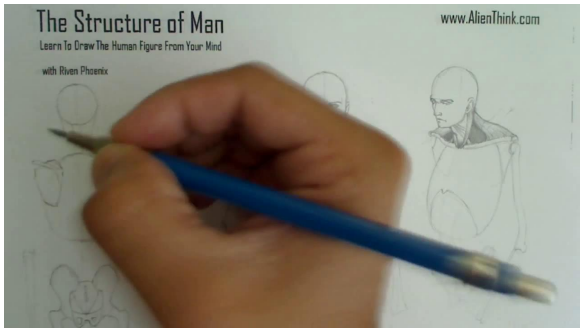
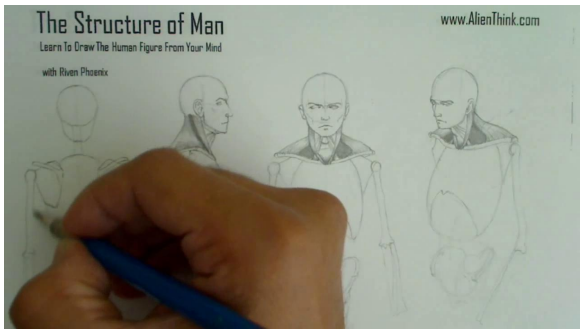
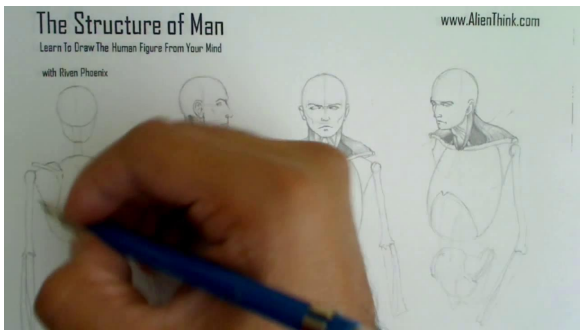
225		Okay. So here we've now pretty much completed the template system over here for understanding the muscles for the back.
226		So we're going to modify some of the things here in the next lessons because this will help to understand much.
227		We're just going to be fine tuning our understanding of how the pack muscles really work and what's going on with the ribcage.
228		Okay.

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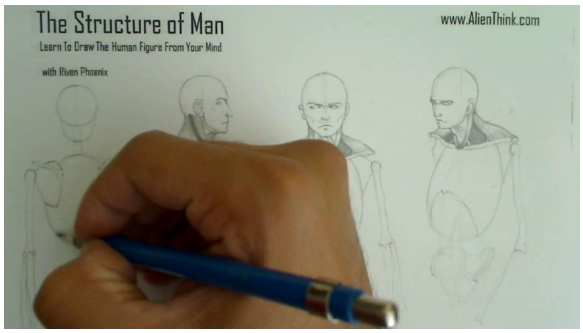
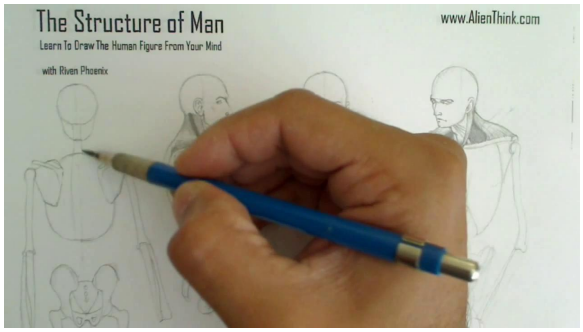
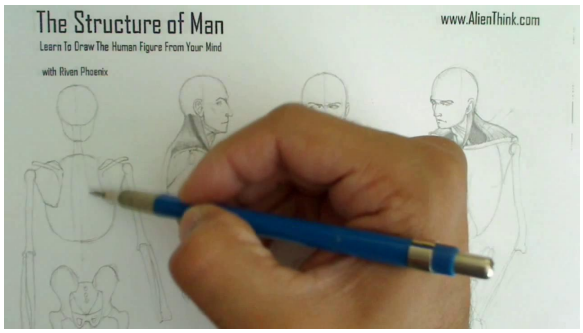
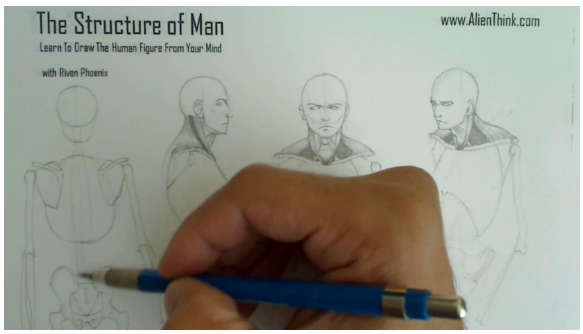
229		So once this is done over here, I'm just going to very lightly just put the spine down over here.
230		Right.
231		I just have to put this down lightly over here like so.
232		And then over here, just put this area lightly.

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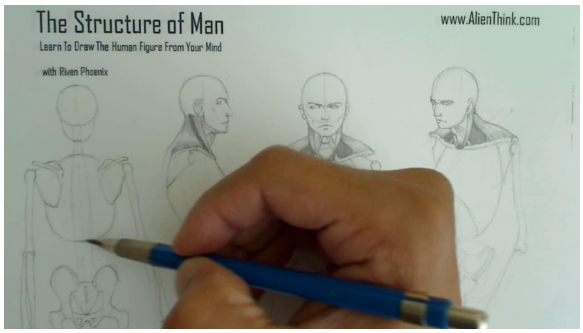
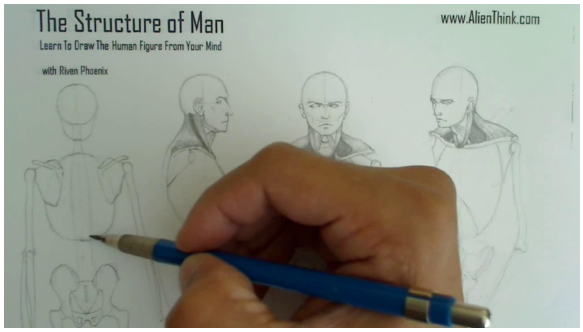
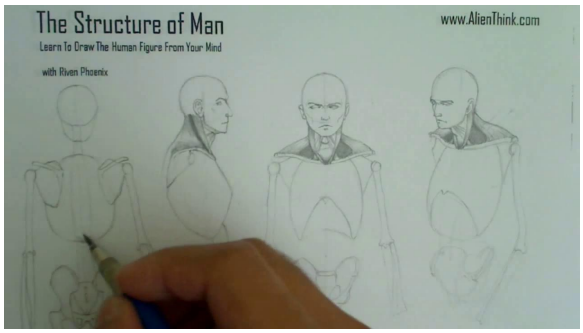
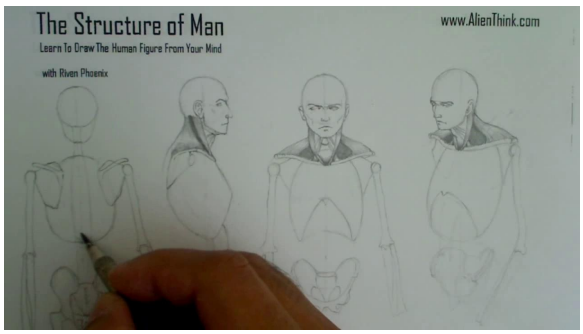
233		Okay.
234		So you know that the fifth is going to be here, but you don't, you want to keep all this stuff lightly.
235		So the fifth is I need 11 lines for this.
236		I'm going to do 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11.

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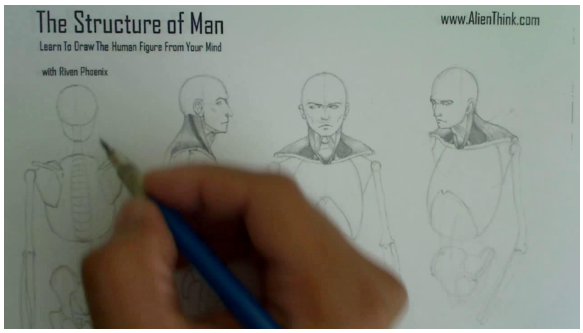
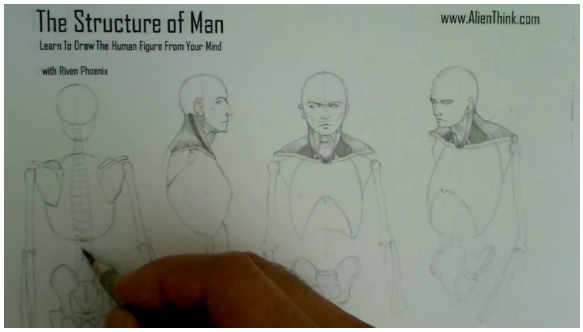
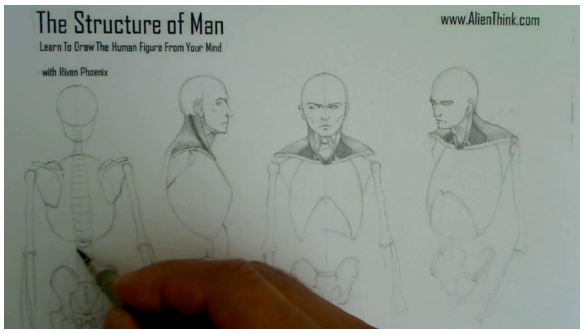
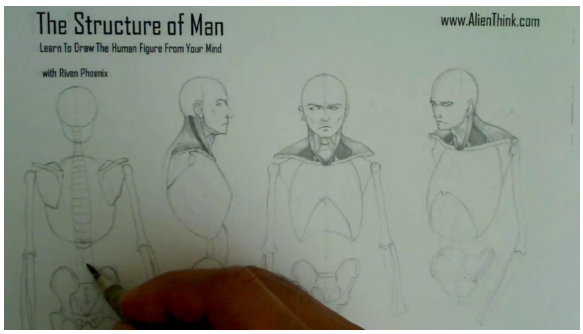
237		Right. Then over here, we're just going to do 1, 2, 3, 4, 5, 6.
238		Right.
239		And then over here.
240		It's going to get really just 1, 2, 5.

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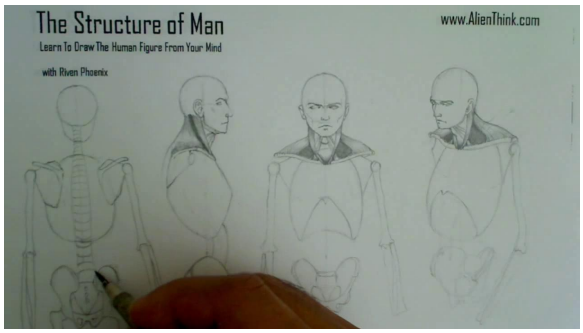
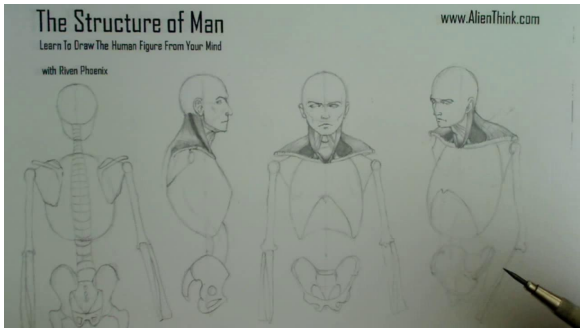
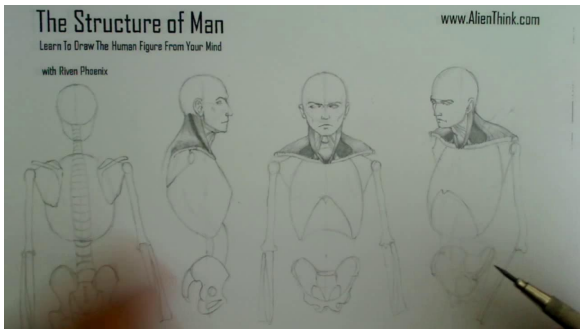
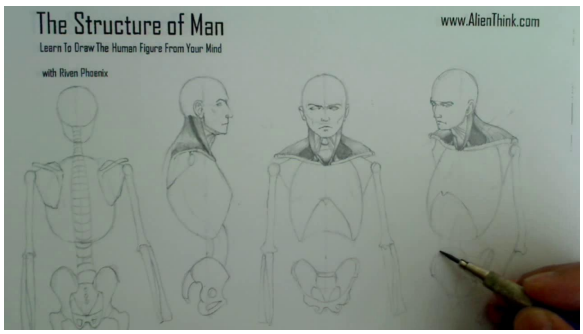
241		And this gives me the five motor braids over here.
242		Red, I'll clean this up when I come back in the next lesson here.
243		I'm just showing you how to get to at least that level in drawing this out.
244		So when we draw this, here we just have to think about this a little more.

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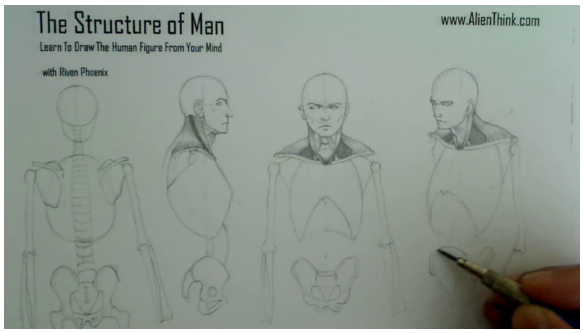
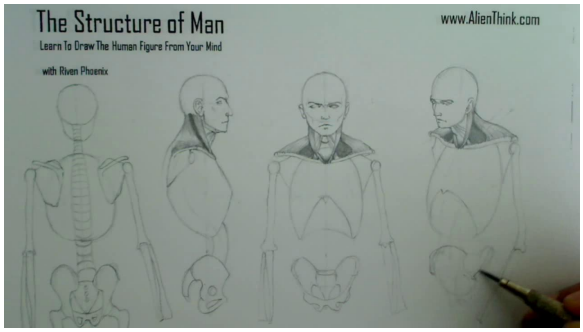
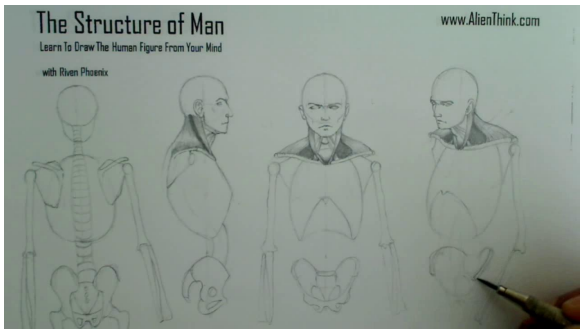
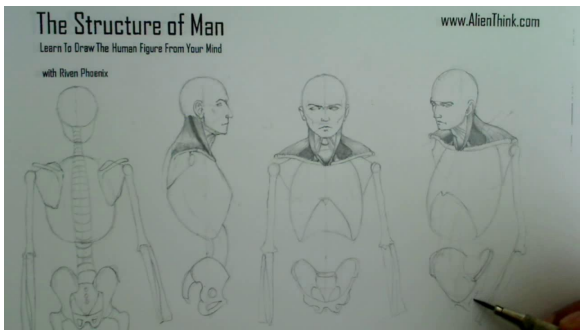
245		Right.
246		This is just going to be like this over here.
247		Right. We just need to have a conceptual idea of this.
248		And here we can just give it some thickness.

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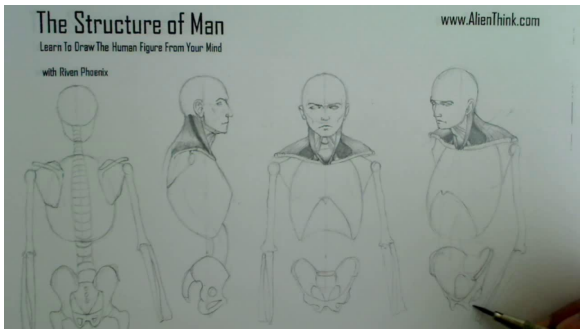
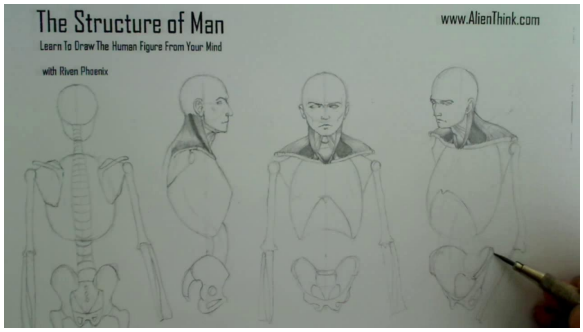
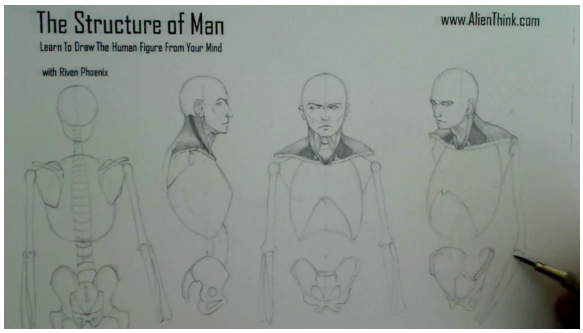
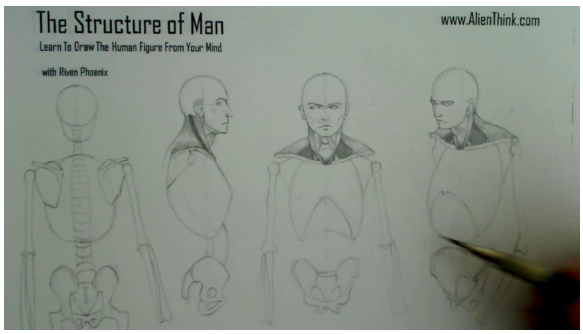
249		And this is just going to go about it to business on the other side over here.
250		Okay.
251		Right. Okay.
252		So we've got all the drawings done.

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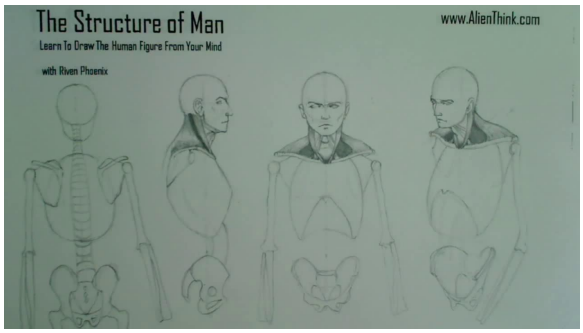
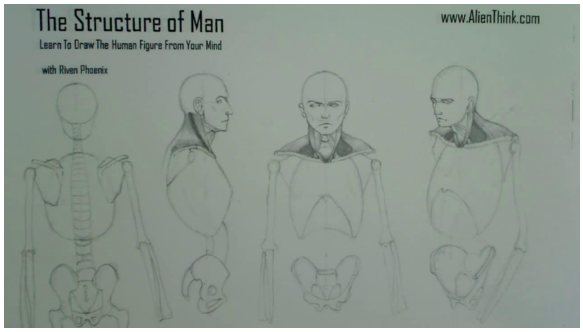
253		So I'll see you in the next lesson.
254		Thanks.

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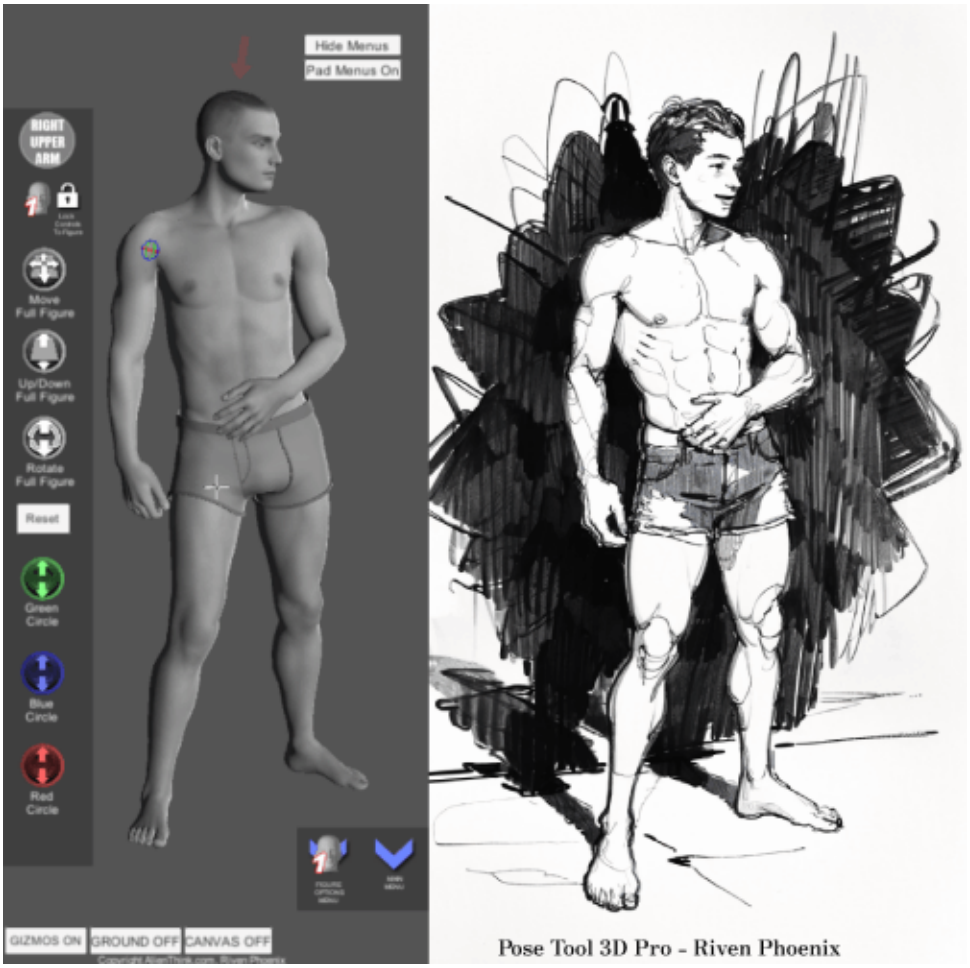

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